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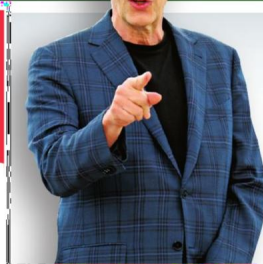


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A ROYAL GOOD TIME

Prince Charles and his wife Camilla smile during an event in Halifax on Monday. Charles reflected on Canada's contribution to the Second World War before he and his wife Camilla went on a royal walkabout Monday among hundreds of people in Halifax, their first stop in a tour of three provincial capitals. **PAUL CHIASSON/THE CANADIAN PRESS**

Shift work habits to ease congestion, employers urged

Rush-hour traffic.

Hundreds of ATB employees now avoid that 'giant vacuum of productivity,' according to executive

One of Alberta's largest employers is allowing more and more of its staff to work from home or small "neighbourhood" offices, a practice that Calgary Economic Development is encouraging other companies to adopt in order to reduce the rush-hour strain on city roads and transit.

ATB Financial began with a pilot project involving 400 employees in its wealth-management division, said president of investor services Sheldon Dyck, with employee retention as the main goal.

Feedback from the initial

group found the flexible-workplace policy was "equivalent to a 40 or 50 per cent raise for them," Dyck said.

The policy has since been expanded to the entire wealth-management team, as well about half of ATB's banking division and other "modules" of its roughly 5,000-person staff.

Robyn Bews, director of Calgary Economic Development's WORKshift initiative, said workplace attitudes have "changed significantly" in the past five years but many "myths" remain, particularly that staff will slack off if they're not physically supervised.

That's something she hopes to change with a series of video interviews published this month featuring prominent Albertans speaking about flexible work.

In one video, Mayor Naheed Nenshi highlights the impact it would have on Calgary's increasing commuter congestion.

"The best way to ease congestion is to have people spread out their work so they're using the existing network more efficiently," Nenshi said.

Later this year, Bews said WORKshift also plans to launch a "certification program" aimed at giving prospective employees a sense of a workplace's culture.

"We're going to do for the workforce what LEED did for buildings," she said. "We think it's a huge game changer."

Since adopting flexible-work policies, Dyck said ATB has reduced its "physical footprint" by 35 to 40 per cent and has seen a "very significant" increase in productivity, all through the use of video conferencing and other digital technology that's widely available.

"That has massive societal benefit besides just the nice improvement to our bottom line," he said.

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Growing problem

Half of commercial vehicles targeted in safety blitz failed

More commercial vehicles in Alberta are failing safety checks.

Almost 500 trucks, semi-trailers and other commercial vehicles were targeted for inspection during an enforcement blitz this month, and just over half were pulled from service pending problems being fixed.

Police and transport officers found another 24 per cent required attention for improperly adjusted breaks, bad tires and poorly secured loads.

Only one in four vehicles over 4,500 kilograms in size that were pulled over across the province actually passed.

Steve Callahan, chief transport officer for Alberta, said highways are safe overall, but the numbers are a concern.

He said the province wants to do more commercial vehicle checks and hire up to 20 more transport inspectors.

"We are on it," Callahan said. "We understand that we have safety issues out there and we are going to try and correct that."

Sgt. Kerry Bates of the Edmonton Police Service commercial vehicle unit said most trucks are properly maintained, but the percentage being pulled out of service for problems is on the rise.

During a sweep in the city earlier this month, 52 per cent of commercial vehicles intercepted for safety inspections failed. That's up from 42 per cent last spring.

"It is obviously not getting better," Bates said.

THE CANADIAN PRESS



Census leader Paul Denys shows off one of the city-provided iPads census takers have been using since 2013 to gather and input household data. METRO FILE

Nenshi wants 'self-serve' census by '15

Going digital. Mayor applies for grant to create online portal



ROBSON FLETCHER
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Calgarians would fill out next year's census online rather than having census takers come to their doors, under a \$250,000 proposal from Mayor Naheed Nenshi that he believes will save the city money in the long run.

"The project will build a self-serve portal, where residents will be able to complete their census online," reads Nenshi's application to the Council Innovation Fund, set to

be debated by members of city council Tuesday.

That portal would be opened up for the first three weeks of the 2015 municipal census and then regular canvassers would go door-to-door to gather information from households that didn't complete the census online, under the plan.

Nenshi figures a "user-friendly and self-intuitive" portal would see 30 per cent of Calgarians make use of it in its first year of operation.

"This figure is realistic and in line with the experiences of other municipalities in Alberta," the mayor's application reads.

Okotoks is one such municipality. Its online portal is currently open for the town's 2014

municipal census.

Calgary's portal would "utilize much of the same programming code" already in place for the city's iPad-based collection of census data, which it introduced in 2013.

That process has seen an "overall improvement" in census data quality, according to deputy city clerk Barb Clifford, but it has come with a few hiccups.

For example, Clifford said, some basement suites last year were mistakenly put into the system as code "01" when they should have been "001," but the error was caught and later fixed.

"You'll always find little things like that every year that you have to improve upon," Clifford said.

Inefficient process?

Calgary has 897 census districts and the city needs to hire about 1,100 census takers to cover them all, to account for cancellations, illnesses or accidents.

- Hiring census takers "has been getting more difficult over the years," according to the mayor's application to the Council Innovation Fund.
- If the project goes ahead, the door-to-door census taking would hit fewer households and start later, when the weather is better for canvassing.

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Pair of Melissas set out to spread joy across Alberta

40 communities, 40 posts. Duo hope to travel to areas of the province they've never been in order to 'sprinkle kindness'

KATIE
TURNER
calgary@metronews.ca

Two friends with the same vision — and the same name — are planning to hit the highway this summer for a cross-Alberta tour aimed at spreading joy.

Melissa Macky and Melissa Sterling are endeavoring to hit 40 communities throughout the province and post 40 blogs or videos about their journey before the summer is up.

"We want to sprinkle kindness and show others that one tiny act can make the biggest impression," said Macky. "It takes one person to start a shift."

The women would like to help other Albertans, particularly women, to develop an all-around healthy and happy lifestyle.

Their goal is to host inspirational talks, volunteer at various events or even do something as simple as picking up garbage — all in an effort to get to know the people



Friends Melissa Sterling, left, and Melissa Macky will be travelling throughout Alberta this summer volunteering to help communities however they can.
KATIE TURNER/FOR METRO

in the community.

"We have a lot of people who could benefit from our time and effort right here at home," said Sterling, a lifestyle guide focused on nutrition and holistic health.

Having lived in Alberta for 25 years, Sterling said there are still many places in the province she's never been and she's hoping this tour will help them hone their skills as

Quoted

"We want to sprinkle kindness and show others that one tiny act can make the biggest impression."

Melissa Macky

well.

"By having the opportunity to visit ... these different cultures within our own province, it will give us insight

into where we might be most helpful with our skills."

The pair will begin their tour Thursday in Calgary at the Calgary Women in Busi-

ness Luncheon and hope to reach 40 communities by the end of the summer.

They're looking for donations to help cover the cost of gas and accommodations, and they're also hoping to connect with Albertans who would be willing to host them or have them attend an event.

For more information, visit areyoujacked.com, or follow #sprinklekindness on Twitter.

Energy. Critics say Albertans' voices being silenced

Critics say Albertans are in danger of being shut out of discussions on how the province's natural resources are developed.

Expert observers and opposition politicians worry Alberta's new energy regulator is drawing the circle of who can speak so tightly that one hearing on a proposed energy project had to be cancelled because no one was allowed to appear.

"They have not widened the circle at all," said Nigel Bankes, a professor of resource law at the University of Calgary.

"I think it sends the overall message that we're not really interested in public review."

The Alberta Energy Regulator is responsible both for holding public hearings on oilsands proposals and other energy developments and for determining who has the right to appear. The regulator is obliged to allow only those "directly and adversely affected" to appear.

The regulator has taken that language too far, said Liberal legislature member Laurie Blakeman.

"Unless you live across the road — literally, across the road — you're not going to get standing."

Alberta Energy Regulator spokesman Peter Murchland said the agency makes judgments on a case-by-case basis.

THE CANADIAN PRESS

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Pip pip and cheerio — it's the Tweed ride

Bicycles for Humanity.

Charity event saw Calgarians dress up in their best tweed and cycle through the streets

Over 100 Calgarians put on their Monday best for a leisurely ride about the city, and

raised some cash as well.

The third annual Tweed Ride YYC kicked off from the Sunalta Community Centre, with participants riding their bikes through downtown Calgary all dressed in tweed, or other fancy dress.

The event was inspired by the Tweed Run, which began in 2009 in London, and is simply a fun theme for a group ride.

"Many places are doing it

worldwide now," said organizer Josh Crough. "It's kind of a fun way for people of all ages to get out. It's more of a casual ride; it's definitely not a race."

One of those attracted to the unique event was Alex Jolliffe, who rides a penny farthing — a bicycle with a large front wheel and a small back wheel — making it the perfect fit for an old-timey event like the Tweed Ride.

"I had it custom built for me by a company in California that specializes in reproducing old bikes," he said. "I go to all the cycling events that I can find and this was the first year that I made it out to this one."

Following the ride, Crough estimated about \$1,500 was raised for Bicycles for Humanity, a charity which sends used bikes to communities in Africa. **KATIE TURNER/FOR METRO**



Alex Jolliffe was one of many to participate in Tweed Ride. **KATIE TURNER/FOR METRO**

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RCMP investigate horrific carjacking in Fox Creek

A Fox Creek woman is recovering after she was carjacked and left roadside in her burning vehicle earlier this week.

Officers were called around 1 a.m. May 15 after a woman was approached by two men at Kaybob Trailer Court, police said, adding that the men forced her into her own vehicle at knifepoint.

The suspects drove the

vehicle out of town with her inside, police said. They stopped the vehicle, set it on fire with the woman inside and then fled the scene, according to police.

The woman suffered second- and third-degree burns in the incident and has been transferred to the University of Alberta hospital.

The suspects have been described as two Caucasian

males, approximately five-foot-eight.

Both of the men were wearing hooded sweatshirts and one of the sweatshirts was green. They fled the scene in a black Dodge.

Anyone with information about this incident is being encouraged to contact the Fox Creek RCMP at 780-622-3740 or Crime Stoppers at 1-800-222-8477.

METRO

Alcohol possibly a factor

Cops investigate train death

Police are still investigating the death of a 53-year-old man who was trying to cross railroad tracks in the city's southeast this weekend.

Cops responded Sunday to rail tracks near 9 Avenue and 8 Street SE after reports of a man being crushed after trying to crawl underneath a slow moving train.

Police believe alcohol was involved. **METRO**

Southeast murder. Charges laid in double stabbing homicide

Charges were laid Friday after a southeast Calgary stabbing attack left two women dead in early May.

The accused, Hari Pal, 52, of Calgary, is in a city hospital recovering from self-inflicted injuries suffered May 4 during the alleged attack in the 6400 block of Penbrooke Drive SE.

Pal is the estranged husband of one of the victims,

Sanjula Devi, 36. Devi's friend, Fahmida Velji-Visram, 29, was the other victim. Another person was also injured.

After consultation with the Crown Prosecutor's Office, Pal was charged with two counts of second-degree murder and one count of aggravated assault.

The case will be in Calgary court May 20. **METRO**

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Putin to pull out troops near Ukraine

In what could be an attempt to ease tensions with the West and avoid more sanctions, Russian President Vladimir Putin ordered troops deployed near Ukraine to return to their home bases Monday.

Putin also praised the launch of a dialogue between Ukraine's government and its opponents even as fighting continued in parts of the country ahead of Sunday's presidential election. The approach sug-

gested that Putin may believe he has achieved his key goal of maintaining Russian influence over eastern Ukraine without having to send in troops.

Russia still wants guarantees that Ukraine will not join NATO and will conduct constitutional reforms to give broader powers to its regions, something that would allow Moscow to maintain its clout in the Russian-speaking east.

The continued unrest in the

east is serving Putin by making it difficult for the government in Kyiv to consolidate its control in the region.

Putin specifically ordered Defence Minister Sergei Shoigu to pull back the forces involved in the "planned spring drills" in the Rostov, Belgorod and Bryansk regions to their home bases, the Kremlin said.

The three regions border Ukraine, and the withdrawal of troops deployed there would

signal a genuine attempt by Moscow to de-escalate the crisis. It also would be easily verifiable by Western intelligence. The U.S. and NATO said they saw no sign of a pullout after Putin's earlier claim of a withdrawal.

Ukraine is to vote on a successor to Kremlin-friendly President Viktor Yanukovich, who was ousted in February following months of protests in Kyiv. **THE ASSOCIATED PRESS**

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Nearly 2,000 university students, some wearing miners' hard hats, called on the government to resign as they marched to commemorate the beginning of the Turkish War of Independence in Ankara. **BURHAN OZBILICI/THE ASSOCIATED PRESS**

Reports: Mine officials ignored warning signs

High gas levels. Five people face charges in the disaster that killed more than 300

eight others were released but could be charged later.

Turkish news reports said prosecutors and inspectors probing the mining disaster had seized data from the mine that indicated sensors showed high gas levels inside the mine as early as two days before May 13. Reports say company officials did not record the high levels on log books and took no precautions.

Sensors noted high levels of toxic gas inside a coal mine days before the disaster that killed 301 workers in Turkey, but company officials took no action, Turkish news reports said Monday.

Prosecutors, meanwhile, formally arrested two more people for the devastating mine fire in the western town of Soma, raising the number of suspects facing charges of negligent death to five. Those detained included executives and supervisors at mine owner Soma Komur Isletmeleri A.S., prosecutors say.

Chief prosecutor Bekir Sahiner said 25 people were initially detained as part of the probe, but several were released without charges while

Sahiner said that a preliminary probe indicated that coal had been smoldering days before, causing the roof to collapse in one part of the mine and unleashing toxic gases that spread throughout. Government and mining officials have insisted that the mine was inspected regularly, that safety standards were high and that negligence wasn't a factor.

Police have broken up protests denouncing poor mine safety in Soma and in Turkey's three largest cities of Istanbul, Ankara and Izmir.

THE ASSOCIATED PRESS

Syrian conflict

Death toll now over 160K: Watchdog

The toll in Syria's three-year conflict has reached at least 162,402 deaths, Britain-based Syrian Observatory for Human Rights said Monday.

The crisis has uprooted some 6.5 million people from their homes, forced 2.7 million to flee and laid waste to cities and towns alike.

Civilians comprised about a third, or 53,978, of the observatory's new toll. Those deaths include 8,607 children and 5,586 women.

Syria's uprising began with peaceful protests against Assad's rule before turning into a civil war. The conflict has taken on sectarian overtones, with mostly Sunni Muslim rebels battling a government dominated by Alawites, an offshoot of Shiite Islam. **THE ASSOCIATED PRESS**

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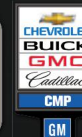
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Gay rights. Oregon judge overturns voter-approved ban on same-sex marriage

A federal judge on Monday struck down a voter-approved ban on gay marriage in the northwestern state of Oregon, calling it unconstitutional, in the latest legal victory for advocates of same-sex marriage.

U.S. District Judge Michael McShane joined judges in seven other states who have struck down gay-marriage bans this year, though appeals are underway and the issue is expected to be settled by the U.S. Supreme Court.

He said the ban constitutionally discriminates against same-sex couples and ordered Oregon not to enforce it. State officials earlier refused to defend the constitutional ban in court.

The U.S. Supreme Court last year struck down the 1996 Defence of Marriage Act, which barred the federal government from recognizing same-sex marriage. It determined the law improperly deprived gay couples of due process.

But opposition remains stiff in many places. Critics note

Fighting for equality

Ten states have already revisited same-sex marriage issues this year.

- Idaho, Oklahoma, Virginia, Michigan, Texas, Utah and Arkansas have overturned same-sex marriage bans.
- Kentucky, Ohio and Tennessee have been ordered by judges to recognize same-sex marriages from other states.

most states still do not allow gay marriage and that in most of those that do, it was the work of courts or legislatures, not the will of the people.

Oregon state officials have said they'd be prepared to carry out same-sex marriages almost immediately, and couples lined up outside the county clerk's office in Portland in anticipation of McShane's decision.

THE ASSOCIATED PRESS



What's 20 metres tall, 40 metres long and 90 million years old?

Pablo Puerta from the Museo Paleontológico Egidio Feruglio lies alongside a sauropod dinosaur femur in Trelew, Argentina. Scientists in Argentina have uncovered huge bones that could be from the largest dinosaur yet found, a kind of titanosaur that munched tree tops more than 90 million years ago. It's estimated the beast reached 20 metres tall, 40 metres long and weighed the equivalent of 14 or 15 adult African elephants. JOSE MARIA FARFAGLIA/THE ASSOCIATED PRESS

Kidnapped schoolgirls

Spiritual hunters wait to aid search

Traditional hunters armed with homemade guns, poisoned spears and amulets have gathered in Nigeria in their hundreds, eager to use their skills and what they believe to be supernatural

powers to help find nearly 300 schoolgirls abducted by Islamic extremists.

About 500 hunters, some as young as 18 and some in their 80s, say they have been specially selected for their spiritual hunting skills and have been waiting for two weeks in Maiduguri, the Borno state capital and the birthplace of Boko Haram, to

get backing from the military.

With Nigeria's military accused of not doing enough to rescue the girls, the hunters demonstrated their skills to an Associated Press reporter.

Cow horn trumpets echoed eerie war cries from the screaming and chanting men as they twirled knives and swords, occasionally stabbing and cutting themselves

with no apparent harm.

The hunters claimed their magic charms prevented any blood being drawn. They also trust amulets of herbs, animal teeth and leather bracelets to protect them from bullets.

A military spokesman did not immediately respond on whether it would take advantage of the hunters' local knowledge. THE ASSOCIATED PRESS

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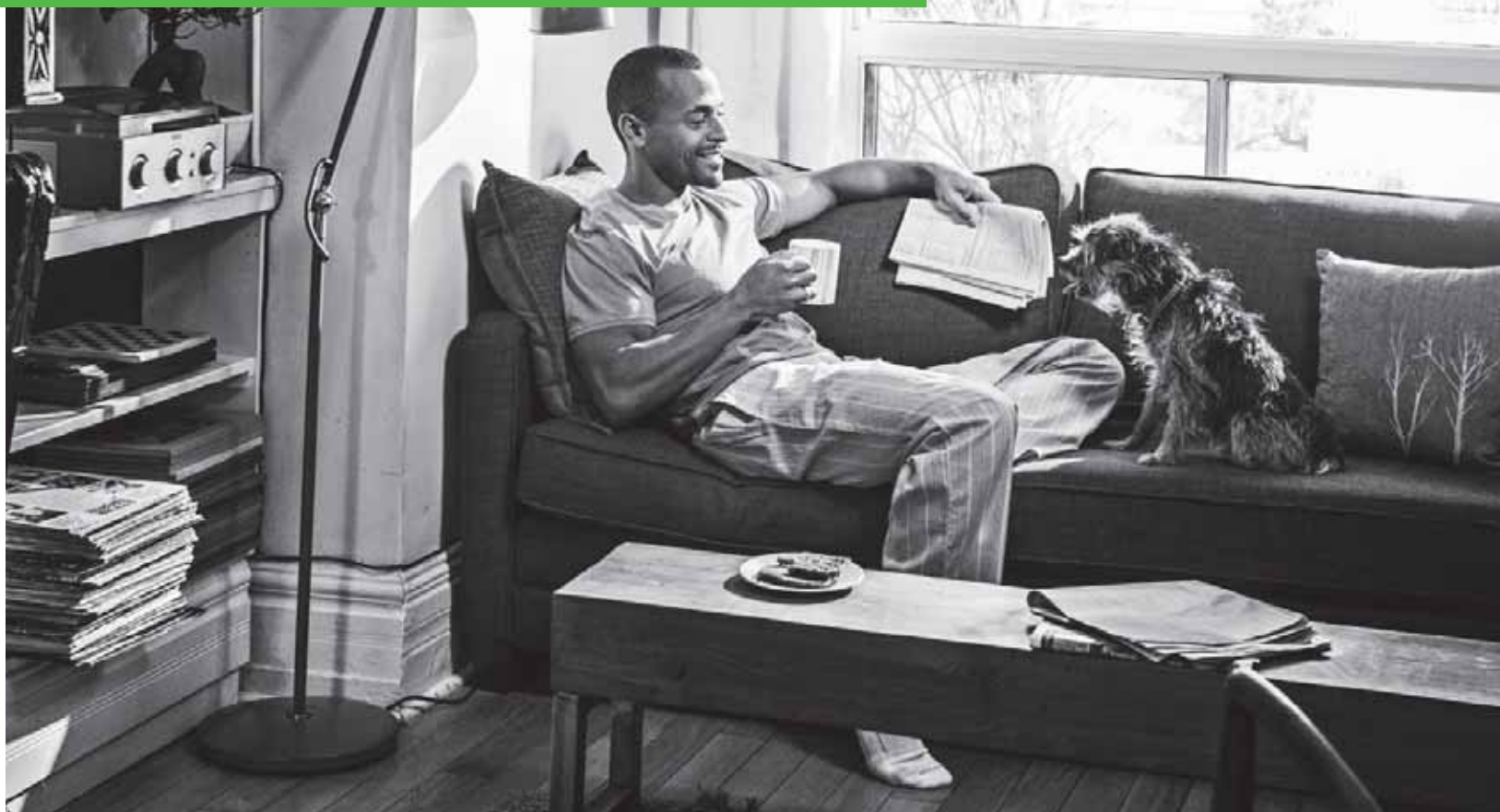
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Highway 16 near Prince George, B.C., is pictured in this 2012 photo. INSET: Lana Derrick is shown in an RCMP handout.
JONATHAN HAYWARD/THE CANADIAN PRESS; INSET: THE CANADIAN PRESS/RCMP

2006 report could help with Hwy. 16

'Highway of Tears.'

A series of murders and disappearances of women along 800 kilometres of the route remain unsolved

Sally Gibson has been waiting nearly two decades for answers about what became of her niece, a 19-year-old forestry student from a small First Nation in northern British Columbia who vanished along the Highway of Tears.

There's the official story: Lana Derrick was out with some friends and at some point ended up in a car with two unidentified men, with whom she was last seen at a gas station along Highway 16 near Terrace in the morning of Oct. 7, 1995.

But that's just one of the many theories, rumours and guesses Gibson and her relatives have heard over the years, a painful reminder that no one — not the family, not the police — has any idea about what happened.

"We have heard so many different stories and have been told so many different things that we don't even know," said Gibson from her home in Gitanyow, the First Nations reserve where Derrick grew up.

"It isn't like Lana died and we went and buried her and the pain will go away. She totally disappeared. That's an open wound."

Derrick's disappearance

brought her family into a community of loss and despair, joining the relatives of at least 18 women and girls who disappeared or were murdered along Highway 16 and two adjacent highways.

There are the yearly walks, the memorial ceremonies, and the shared frustration that the provincial government has yet to act on dozens of recommendations to protect vulnerable women in B.C.'s north.

First Nations groups and municipal officials say the province should have acted years ago using a blueprint it already has: A 2006 report with 33 recommendations to improve transportation, discourage hitchhiking, and prevent violence against aboriginal women and girls.

That report was endorsed by a public inquiry report released in December 2012, which called for urgent action. The report was crafted by several First Nations groups after the Highway of Tears Symposium. Its first recommendation was a shuttle bus network along more than 700 kilometres of Highway 16 that runs from Prince Rupert to Prince George.

Other recommendations included education for aboriginal youth, improved health and social services in remote communities, counselling and mental health teams made up of aboriginal workers, more comprehensive victims' services, and funds to pay for it all.

Wendy Kellas, who works on the Highway of Tears issue

Investigation

The 18 women and girls, whose deaths and disappearances are part of the RCMP's investigation, ranged in age from 12 to 25.

- The first to disappear was Gloria Moody from the Williams Lake area, who was found dead in October 1969.
- While official sources list the number of victims at 18, aboriginal leaders estimate the number could be as high as 43.
- Most victims were either found or last seen near the 800 km section of Highway 16 between Prince George and Prince Rupert in B.C.

for Carrier Sekani Family Services, wants provincial funding to examine whether any of the recommendations need to be updated.

Still, she said most of the 2006 recommendations remain relevant, including the need for better services for aboriginal women, and also for the families of the murdered and missing.

Justice Minister Suzanne Anton insists the highway is safe, pointing out that transportation options include a health shuttle for medical patients and Greyhound bus service, which was cut last year.

THE CANADIAN PRESS

Premiers asked to look at '60s Scoop adoptions

Canada's aboriginal affairs ministers are asking the country's premiers to look at compensation, counselling and repatriation for thousands of aboriginal children adopted into white families during the so-called '60s Scoop.

The ministers met recently in Winnipeg and recommended that premiers set up a group to study the issue. The premiers are to meet in August in Prince Edward Island.

Manitoba Aboriginal Affairs Minister Eric Robinson said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities and raised in non-native households from the 1960s to the 1980s.

"It's an issue that's long gone unnoticed," he said. "Nobody talks about it. This is one of those issues that doesn't require a hell of a lot of thinking."

"In my case, at least I had other Indian boys and other Indian kids my age to be around," Robinson said. "In the case of these kids who were adopted out, they had nobody. They

Time to talk

"It's common sense. It's common decency that we begin addressing this."

Manitoba's Aboriginal Affairs Minister Eric Robinson

He said it's time for a national discussion about the thousands of aboriginal children who were taken from their communities from the 1960s to the 1980s.

were a brown face among a mass of white faces either in the United States or in foreign lands."

For Coleen Rajotte, a premiers working group would be a start. The filmmaker was taken from her Cree community in Saskatchewan when she was three months old and raised by a Manitoba family. She was lucky to be placed with a loving family, she said, but many ended up in abusive homes.

Prince Edward Island Premier Robert Ghiz, who will chair the August meeting, is also his province's aboriginal affairs minister.

"We're really not in a position to speak to this," spokesman Guy Gallant said in an email. THE CANADIAN PRESS

'60s Scoop

- It's estimated that up to 20,000 aboriginal children were taken from their homes by child welfare services and placed with non-aboriginal families. Many consider the adoptions an extension of residential schools, which aimed to "take the Indian out of the child."
- Adoptees from the '60s Scoop have said their time for reconciliation has come and they want an apology from the feds. Aboriginal ministers recommended recently that premiers study the issue.

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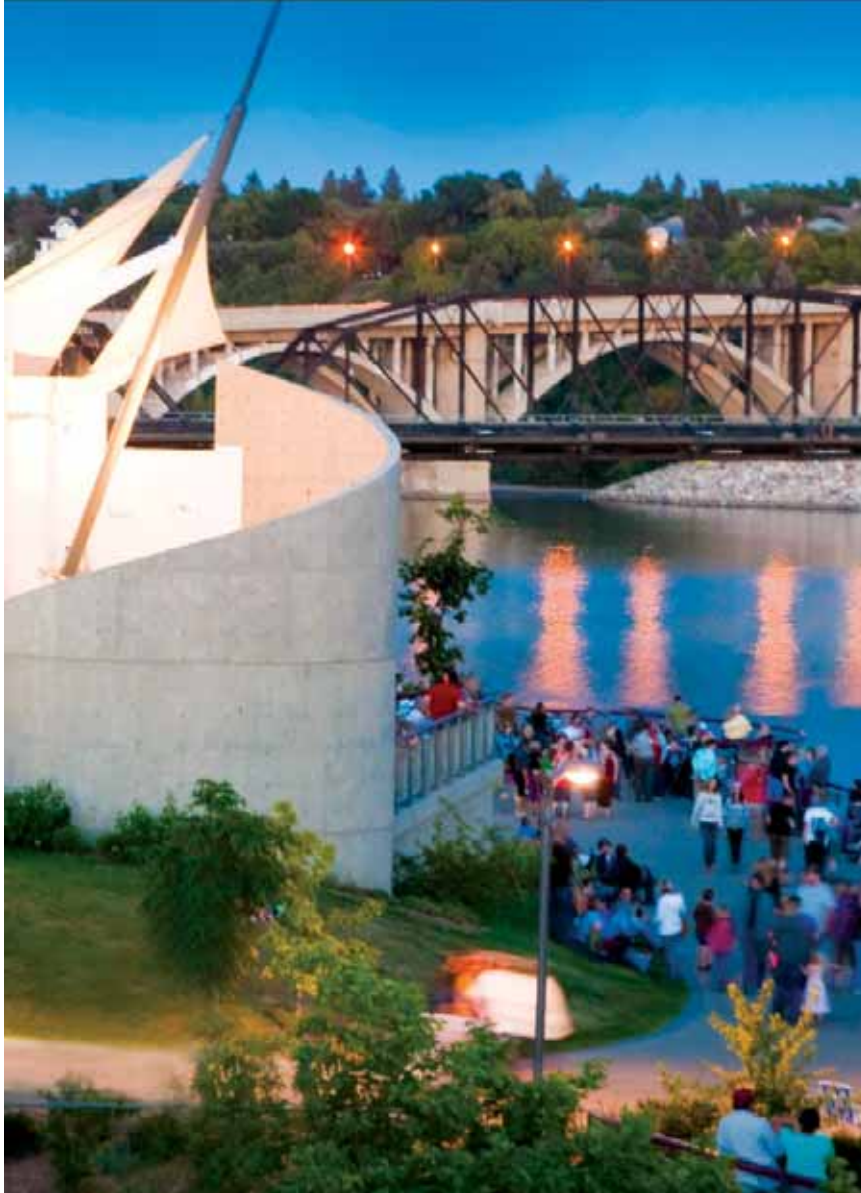
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People paddle boats down a flooded street in Obrenovac, some 30 kilometres southwest of Belgrade, Serbia, Sunday. More than 20,000 people have been forced from their homes in Serbia. DARKO VOJINOVIC/THE ASSOCIATED PRESS

Some town residents refuse to flee flood

Flood surge in Serbia. At least 35 people have died and tens of thousands forced to flee their homes

Serbia ordered the evacuation Monday of Obrenovac town and 11 others along the raging Sava River, but Bratislava Pavlovic won't budge, even as water rising six feet in an hour lapped outside her third-floor apartment.

"I grew up in this town," the 58-year-old postal worker said. "I was born and raised here."

"It came like a big wave," she said of the churning floodwaters that inundated the town of 15,000 when the Sava overflowed its banks. "It happened in one hour, two metres of water. Nobody saw it coming," said Pavlovic, whose two sons and their families were among those who fled.

The worst rainfall in more than a century has flooded large swathes of Bosnia and Serbia, threatening Serbia's main power plant and unleashing landslides that have swept away homes and unearthed land mines left over from the region's war, along with warning signs pinpointing their locations.

Another surge of floodwaters on Monday prompted the evacuation order for a dozen communities, including Obrenovac, where soldiers, police and volunteers worked around the clock to protect the coal-fired Nikola Tesla power plant, which supplies electricity for half of Serbia and most of Belgrade.

Hundreds of people were evacuated by helicopters and buses, joining some 7,800 residents already forced from their homes since Friday. Hundreds more were believed trapped in the higher floors of buildings, without power or phone lines.

THE ASSOCIATED PRESS

U.S. man who sent poisoned letters to Obama jailed 25 years

A man who pleaded guilty to sending letters laced with the poison ricin to U.S. President Barack Obama and other officials was sentenced Monday to 25 years in prison.

James Everett Dutschke was sentenced by Judge Sharon Aycok after telling her on May 13 that he had changed his mind about wanting to withdraw his guilty plea in the case. He also was sentenced to five years of supervised release and remains in federal custody.

Dutschke waived his right to appeal. He wasn't fined or



U.S. marshals lead James Everett Dutschke into the Federal Building in Aberdeen, Miss., on May 13 for what was supposed to be a sentencing hearing. NORTHEAST MISSISSIPPI DAILY JOURNAL-THOMAS WELLS/THE ASSOCIATED PRESS

money, federal prosecutor Chad Lamar said. Unlike last week, Dutschke said little and allowed his lawyer to do the talking, Lamar said.

The 42-year-old Mississippi resident sent the letters to Obama, Republican U.S. Sen. Roger Wicker and Mississippi judge Sadie Holland in what prosecutors have said was an elaborate plot to frame a rival, Paul Kevin Curtis. Poisoned letters addressed to Obama and Wicker were intercepted before delivery, but one letter reached Holland. She was not harmed. THE ASSOCIATED PRESS

Liberal party. Trudeau stands firm on pro-choice position

Liberal Leader Justin Trudeau says he is following his father's example when it comes to his position on election candidates and abortion.

In an email to supporters Monday, Trudeau offered a "personal reflection" to anyone who has concerns about his decision to turn away new candidates who are unwilling to vote pro-choice on relevant Liberal legislation.

"I had an extraordinary example in a father who had deeply, deeply held personal views that were informed by the fact that he went to church every Sunday, read the Bible regularly to us, and raised us very religiously, as Catholics," Trudeau wrote. "But at the same time my father had no problem legalizing divorce, de-



Justin Trudeau THE CANADIAN PRESS

criminalizing homosexuality, and moving in ways that recognized the basic rights of the people."

Trudeau says he shares his father's view of leadership in that regard.

"Canadians of all views are welcome within the Liberal Party of Canada. But under my leadership, incoming Liberal MPs will always vote in favour of a woman's fundamental rights," he wrote. THE CANADIAN PRESS

Committed to the Charter

Toronto's Roman Catholic archbishop, Cardinal Thomas Collins, has written to Trudeau, urging him to allow candidates to be faithful to their

conscience. Trudeau says while he welcomes input from the prelate, his party is committed to the values laid out in the Charter of Rights and Freedoms.

Program for mothers in prison remains in limbo



A correctional officer directs family members of inmates to the recreation yard of the Folsom Women's Facility in California. In Canada, children under age four are allowed to stay with eligible inmate mothers. RICH PEDRONCELLI/ THE ASSOCIATED PRESS

Confusion. Program that allows for children to stay with inmate mothers is rarely used

Canada is set to complete an expansion of women's prisons this month with new rooms designed to accommodate mothers and their babies or young children.

But there's little indication the units will mean more participants in the federal government's mother-child prison program, which is rarely used even though it remains an official policy.

"It's very unclear," said Howard Sapers, Canada's ombudsman for federal prisons.

Since 2008, only 14 children have participated at the federal level, with eight of them on a full-time basis. At the moment there are two part-time participants, Sapers said.

Under the program, children under age four are allowed to stay with eligible inmate mothers inside the prison. Children under six are allowed on a part-time basis.

Advocates for the mother-child program argue it can lead to positive outcomes for both the woman and the child, including fewer inmates committing new crimes after their release.

Some victim groups, on the other hand, have argued it grants incarcerated women a privilege they don't deserve.

The Correctional Service of Canada is adding a total of 114 minimum security beds in May to institutions in Nova Scotia, Ontario, Alberta, and British Columbia. There will be 15 new adjoining rooms off the side from the main prison area, set aside for mothers and their children, CSC spokeswoman Chantal Guerette said in an email.

THE CANADIAN PRESS

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Russian ordered to pay ex-wife \$4.5B

'Fertilizer king.'

Dmitry Rybolovlev is ranked 147th on the Forbes list of billionaires with a fortune of \$8.8 billion

A Swiss court has ordered a Russian billionaire to pay

more than \$4.5 billion to his ex-wife in what could become the biggest divorce settlement in history.

In papers delivered Monday to both parties, the Geneva Tribunal of First Instance said Dmitry Rybolovlev, an owner of the French soccer club AS Monaco, must pay \$4,509,375,184.80 to ex-wife Elena Rybolovleva of Geneva. Both are 47.

Biggest divorce settlement

"The most expensive divorce in history."

Wife's lawyer Marc Bonnant
But Rybolovlev's lawyer said that the judgment's cash order was likely to be whittled down in coming appeals.

The judgment granted his ex-wife property worth \$146

million in Gstaad, Switzerland, where the couple owned two swanky chalets. It awarded her two other pieces of real estate in an ultra-wealthy area of Geneva.

The couple has two daughters, Ekaterina, an adult, and Anna, 13. Forbes now ranks Rybolovlev the world's 147th wealthiest person.

THE ASSOCIATED PRESS



Dmitry Rybolovlev, seen in this photo from 2012. THE ASSOCIATED PRESS



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Alaska

Woman took 'heroic' action after bear attack

A woman swiped once by a brown bear on an Alaska military base struggled to walk three kilometres on a windy, uphill path to get help, officials said Monday. Her efforts to get aid after an 2.5-metre tall bear swiped at her were nothing short of heroic, Mark Sledge, base conservation officer said.

THE ASSOCIATED PRESS

Mickey Mouse!

Deep pockets needed to visit Disney's parks

The price of a ticket at Disneyland is creeping closer to triple-digits. A single-day ticket for either Disneyland Park or Disney California Adventure Park is now \$96 for those over 10. The \$4 hike went into effect Sunday. Single-day ticket prices have more than doubled since 2003.

THE ASSOCIATED PRESS

Colombia. Bus driver to be charged with manslaughter over deaths of 32 children

Colombian authorities said Monday night that aggravated manslaughter charges would be filed against a bus driver over the deaths of 32 children from a fire in the overcrowded vehicle bringing them home from Sunday school.

Luz Estrella Duran, mayor of the village of Fundacion where Sunday's tragedy took place, said witness accounts suggested the driver might have left the small bus running with the children on board when he got out to put gas in its tank from a portable container.

Twenty others were hospitalized, with about half in a delicate state, Duran said.

President Juan Manuel Santos interrupted a busy final stretch of campaigning ahead of the May 25 elections and travelled Sunday night to the town near the Caribbean coast to pay his respects to the mostly poor families of the victims. He called for a thorough investigation to prevent more such tragedies and declared

a national day of mourning. "We are with you. The entire country is with you," Santos said.

The children, ranging in age from toddlers to 12, were travelling home from Sunday school classes at a small Pentecostal church down the road from a nearby town where Nobel Prize-winning author Gabriel Garcia Marquez was born.

Nelson Tapias, a 54-year-old merchant in the town, said that he lost his granddaughter and several nephews. "I have my heart torn apart in six pieces," he said. Bus accidents are frequent in Colombia, especially in poorer, rural areas like the one near Fundacion where safety inspections and transit laws are rarely enforced.

Gen. Carlos Mena said the driver was operating the bus without a license or insurance; the bus was carrying twice the maximum number of passengers allowed.

THE ASSOCIATED PRESS

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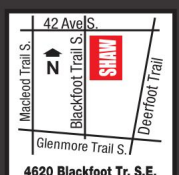
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Courts convict more suspected Morsi supporters

Egypt. Among the 170 people convicted are five 17-year-old minors and one 16-year-old boy who received a three-year prison sentence

A pair of Egyptian courts have convicted 170 suspected supporters of toppled president Mohammed Morsi on charges related to violent attacks last year.

The weekend convictions in the courts in Cairo and in the Nile Delta city of Kafr el-Sheikh are the latest in a series over recent months that saw hundreds of people prosecutors identified as Morsi supporters sentenced to death or imprisonment.

In some cases, the verdicts came after no more than two hearings, drawing criticism from human rights activists and foreign governments as Egypt's military-backed interim government continues its crackdown on Morsi supporters and his Muslim Brotherhood group.

The Kafr el-Sheikh court convicted 127 people of storming and torching a church, a police station and a sports sta-



Supporters of the Muslim Brotherhood hold a cardboard sign with the 'rabaa' symbol and from the defendants cage as they receive sentences ranging from life in prison to death by hanging, in Alexandria, Egypt. **HEBA KHAMIS/THE ASSOCIATED PRESS**

dium to avenge the killing of hundreds of Islamists when security forces ended two sit-in protests in Cairo by Morsi supporters in August, according to a statement by the office of Egypt's top prosecutor. They were sentenced to 10 years in prison each. Five minors, all 17 years old, each received a one-year suspended sentence in the same case, the statement said.

The second court in Cairo sentenced 37 people to 15 years in prison each for their part in an attempt to blow up a subway station in Cairo last year, said the statement from the chief prosecutor's office.

A 16-year-old boy received

a three-year prison sentence in the same case. The court also fined all the defendants 20,000 Egyptian pounds (\$3,050) each.

Authorities have detained some 16,000 Brotherhood supporters, including Morsi and most of the group's top leaders, following the July 3 military overthrow of his government.

Sunday's verdicts came one day after a homemade bomb exploded at an election rally for presidential candidate Abdel-Fattah el-Sissi, which wounded four people, including two police officers. El-Sissi, a retired field marshal, led the military when it ousted Morsi 10 months ago. **THE ASSOCIATED PRESS**

CIA

Vaccines won't be used to spy: Official

A White House official is promising that the CIA will no longer use vaccination programs as cover for spying operations, as it did while hunting Osama bin Laden.

Lisa Monaco, President Barack Obama's top counterterrorism adviser, wrote to the deans of 13 public-health schools, saying that the CIA has agreed it would not use vaccination programs or workers for intelligence purposes. A Pakistani doctor provided polio vaccinations in Abbottabad, Pakistan, as cover for his CIA-backed effort to obtain DNA samples from children at a compound where bin Laden was killed.

THE ASSOCIATED PRESS

Kidnapping in Yemen. Preacher found guilty of giving support to terrorists

An Egyptian Islamic preacher whose fiery sermons before and after 9-11 attracted extremists to his London mosque was convicted Monday in a trial that a prosecutor said should provide justice for the victims of a kidnapping in Yemen more than a decade ago.

The 56-year-old cleric, Mustafa Kamel Mustafa, was found guilty just weeks after an al-Qaida spokesman was convicted. Mustafa was accused of providing material support to terrorist organizations by enabling hostage takers in the Yemen kidnapping to speak on a satellite phone, by sending men to establish an al-Qaida training camp in Oregon and by sending at least one man to

training camps in Afghanistan.

Sentencing was set for Sept. 8, when Mustafa faces a maximum of life in prison. Defence attorney Joshua Dratel said the verdict was "not about the evidence but about a visceral reaction to the defendant."

His testimony over four days was derided by Assistant U.S. Attorney Ian McGinley, who told jurors to ignore his lies and concentrate on the evidence.

In his closing argument, McGinley read aloud the names of four European tourists who died in 1998 in Yemen after their convoy of cars was overtaken by extremist Islamic kidnappers whom Mustafa had given the satellite phone.

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Transgender high school students Isaac Barnett, left, and his prom date, identified only as Jasen, pose for photos in Kansas City, Mo. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Schools working to help transitioning kids fit in

Equal access. Big strides being made toward youth transgender rights

Isaac Barnett took a bold step last year: He told teachers and

classmates at his Kansas high school that the student they had known as a girl now wanted to be accepted as a boy.

His close childhood friend, who also identified as transgender, was ready to reveal his secret, too.

With the administration's blessing, a segment featuring the two friends talking about their transitions aired in the school's classrooms, alongside a basketball team promotion and a feature on the importance of the arts.

"I didn't get any questions or hate or put-downs or anything like that," said Barnett, now 18, adding that they called him Isaac immediately — a drama-free coming-out that would have been extraordinary in schools a decade ago.

With children rejecting the birth gender at younger ages and the transgender rights movement gaining momentum, schools in districts large and small, conservative and liberal, are working to help transitioning youth fit in without a fuss.

California this year became the first state with a law spelling out the transgender student rights in public schools, including the ability to use restrooms and to play on sports teams that match their expressed genders.

Another 13 states prohibit discrimination on the basis of gender identity in schools. Dozens of districts, from Salt Lake City and Kansas City to Knoxville, Tennessee, and Decatur, Georgia, have adopted similar protections.

Parents are increasingly seeking a comfortable learning environment for their transgender children, according to Transgender Legal Defence and Education Fund Executive Director Michael Silverman.

His group represented the parents of a transgender Colorado grade school girl who was prevented from using the girl's restroom until state civil rights officials ruled in her favour last year.

Last month, the U.S. Education Department alerted districts in a memo on sexual violence that it would welcome civil rights complaints from transgender students under Title IX, the 1972 law that bans gender discrimination at schools.

The guidance gives families new leverage to negotiate access to locker rooms, sports teams and other kinds of accommodations covered under California's law, said Mark Blom, a National School Boards Association attorney.

School officials in states without anti-discrimination provisions for transgender residents already have been grappling with how to serve students whose needs conflict with traditional views about when and why boys and girls are separated.

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Text-to-911. Major update planned for emergency dispatch system in U.S.

The four major U.S. wireless phone companies are providing emergency texting 911 service as of this month to any local government that wants it and has the capability to use it, a big step toward moving the nation's emergency dispatch system out of the voice-only technology that dates to the 1960s.

Local governments in 16 states are now using it, according to the Federal Communications Commission, and Vermont became the first in the country to offer the technology statewide Monday.

"This is a big deal," Brian Fontes, the chief executive officer of the Virginia-based National Emergency Number Association, said of the four major carriers offering text-to-911.

"It's been a long time — years, decades — since our na-

tion's 911 systems have been advanced. They are pretty much still almost 100 per cent voice-centric, 1960s technology."

Fontes said that 911 texting is part of a broader push to use technology to enhance the information that can be provided to emergency responders.

Some professional sports teams allow fans to report unruly behaviour inside stadiums through texting, while law enforcement have also started using text messaging during standoff negotiations.

The four major providers — Sprint, Verizon Wireless, T-Mobile and AT&T — voluntarily committed to providing the service by May 15. The FCC has required all service providers to offer it by the end of the year.

THE ASSOCIATED PRESS

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Leviathans under threat. A chance to stem more loss

On a cold Newfoundland morning last week, a man slicked with whale grease read aloud from a sort of shopping list.

"He wants a grapefruit-sized sample of liver, kidney, lung and ovary, but he said the ovary might be all mushy. He wants an eight-inch-wide part of the aorta. He wants an eye lens, if we can get it. He wants the wax earplugs and the longest pieces of baleen, starting below the gum line."

The man covered in grease was Burton Lim, assistant curator of mammalogy at the Royal Ontario Museum. The wish list came from Jack Lawson, a marine mammal research scientist at the Department of Fisheries and Oceans (DFO).

And they were "shopping" from the exposed abdominal cavity of a 100-plus-tonne blue-whale carcass that had floated to the shore of Trout River two weeks ago, bloated with gas, captivating millions with the threat it might explode.

It didn't. And for six days, after the ROM gained permission to take the skeleton to Ontario, the neighbouring town of Woody Point got a five-senses assault — Smell: the sourest stench imaginable. Sight: Egg yolk-yellow spinal matter. Sound: the thunk of meat hooks sinking into blubber. Touch: greasy goo, everywhere. There was even Taste for anyone unlucky enough to be caught open-mouthed at the wrong time.

'We were worried they were blues'

Blue whales are the largest animal ever to exist on Earth, but we know very little about them. And this whale was from a Canadian group struggling to reproduce, for reasons researchers do not understand.

The loss of a mature female — at least three, actually; two more washed ashore along the same coast — is a severe blow to conservation efforts. But it is a precious opportunity to study an exquisitely evolved animal and perhaps find out why her population is under threat.

Lawson first laid eyes on the whale on March 21. A woman in southwest Newfoundland had snapped pictures of something dark in the sea ice.

"We were worried they were blues," he says. A flyover confirmed it: Nine mature blue whales, apparently crushed in sea ice. Lawson was horrified.

Blue whales are endangered globally, but the Western Atlantic population that frequents Canadian waters is particularly troubled. While the eastern Atlantic group that swims from

Iceland to the Azores numbers at least 1,100, there are likely no more than 250 adults here.

Worse, the whales aren't reproducing well. In 35 years of monitoring this population, Richard Sears, founder of the Mingan Island Cetacean Study on the St. Lawrence River, has spotted just 22 calves.

"There's something going on with the animals in the Northwest Atlantic that's not good," says Sears.

'We're just looking for any clues'

Lawson wanted the aorta for show-and-tell, but everything else will be pored over to try to understand what is plaguing these creatures.

"We're just looking for any clues as to why this population isn't doing as well as we think it should be," says Lawson.

- **Pollutants.** Researchers will begin screening the whale's organ tissue and blubber for pollutants. Belugas in the St. Lawrence estuary have been shown to carry high levels of mercury, PCBs, DDT, the banned insecticide Mirex and other contaminants. Blue whales feed much lower on the food chain, so they face less exposure. The presence of toxins would be a major red flag.

- **Baleen.** Baleen is made of keratin, like our fingernails. As it grows, it stores information about the animal's diet. It might show the krill supply has changed over time or other problems in the ecosystem.

- **Climate change.** In the case of the Trout River whale and her eight kin, the direct cause of mortality is pretty obvious: Death by ice. In previous decades, when ice cover was more regular, it was common to see at most five blue whales killed by ice. That happens less now that climate change has decreased ice cover. "Maybe whales just aren't used to the ice anymore," says Sears.

- **DNA.** Genetic information from the Trout River whale will also provide crucial insights. Is it a match for DNA from several blue whales already on file? Are the western and eastern Atlantic populations really distinct? The Canadian Barcode of Life Network, which is building a database of genetic information for every species in Canada, will get its first blue whale.

And when the ROM uploads information about its collection to research databases, requests from all over the world will begin filtering in — a dead-whale explosion of a different sort.

TORSTAR NEWS SERVICE

The last pieces of blubber have been scraped, and the reporters have all gone home. But now Trout River, N.L.'s will now entertain a different audience: researchers. Here's a breakdown of the Royal Ontario Museum's recovery

A TALE OF



Flensing

A forgotten art in Newfoundland

Flensing, the stripping of whale blubber, was a practice familiar to Newfoundlanders just a generation ago. A beached blue whale would have been a bounty before the last two commercial whaling stations in the province shut down in 1972. Today, the removal of tonnes of whale flesh is a logistical nightmare, not to mention a nauseating mess.

The nine-person team — two from the ROM, three from Ontario's Research Casting International, three local workers and an American volunteer — started at the tail of the upside-down whale, removing chunks of blubber and meat with kitchen knives and huge fish hooks.



Vertebrae are stacked and tagged with poker chips before transport.
KATE ALLEN/TORSTAR NEWS SERVICE

Big job, big tools

Improvising with heavy machinery

As vertebrae were exposed and sawed off, a thick carpet of flesh from the whale's broad backside remained. Far too heavy to lift, the crew dealt with it by threading a sturdy rope through an incision in the flesh and lifting it with a front-end loader so the men could cut it into manageable pieces while it hung mid-air.

All the discarded chunks were thrown into the loader's bucket, dumped into a waiting truck and carted off to landfill. The bones — Fred Flintstone-size ribs, a flipper with a ball joint the size of a beach ball — were identified with coded poker chips and loaded into a semi-trailer triple-lined with plastic.

'Pudding gusher'

Rotten almost beyond recognition

The whale had been dead nearly two months, so its viscera were practically liquefied. But the ROM's Burton Lim was able to identify spleen, lungs, heart and liver from the oozing cavity. (His colleague Mark Engstrom started using "pudding gusher" as a technical term.)



Mark Engstrom, deputy director of collections and research, holds up an eye. KATE ALLEN/TORSTAR NEWS SERVICE

blue whale carcass — which fascinated millions with the threat of explosion and the scale of the removal effort — efforts and why the blue whale is such an important find.

A WHALE



TORSTAR NEWS SERVICE

Samples

Rummaging for grisly treasures

For safekeeping at the ROM, organ samples were scraped into cryogenic tubes and dropped into liquid nitrogen, flash-freezing them. The DFO's samples, along with a slice of aorta the width of a basketball, were bagged and picked up by fisheries officers.



A cross-section of the whale's aorta.
KATE ALLEN/TORSTAR NEWS SERVICE

Aging the whale

Valuable bits and pieces go missing

The eye lens and ear wax could be used to age the whale, which could be anywhere from 10 to 80 years old or more at sexual maturity. Scars on the ovaries would show whether she had calved. But all three were long gone, picked at by seagulls or lost in the mush.



Burton Lim samples spleen.
KATE ALLEN/TORSTAR NEWS SERVICE

Colossal cranium

Sometimes it's tough to get a head

When the crew used heavy machinery to peel back the massive sheet of blubber that housed the lower jaw, Lim got access to the baleen, the filter-feeding system made of hard, venetian-blind-like strips. He sawed a big chunk of the baleen off at the root and bagged it for pickup.

Eventually, there was nothing left of the whale in Woody Point but its upper cranium, which was too big to fit in the trailer and will probably be ferried in a shipping container.

TORSTAR NEWS SERVICE



Workers get down to the skeletal remains of the whale.
KATE ALLEN/TORSTAR NEWS SERVICE

Evolution and conservation

Our not-so-different kin



The similarity between humans and their marine mammal cousins is a useful avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian. GETTY IMAGES FILE

There's much to be learned from the Trout River whale independent of scientific research — and that will occur after the skeleton has been degreased, reassembled and mounted for display, a goal many years and millions of fundraising dollars away. The next step for the skeleton will be to bury it in compost for 12 months.

Mark Engstrom, deputy director of collections and research, has been planning an exhibit on cetaceans — marine mammals — for years. He has collected a humpback, fin, minke, sperm, right and killer whale. But the last opportunity to acquire a blue came up 25 years ago. A blue whale, more massive than any known dinosaur, will be the capstone of the ROM's new collection. Engstrom intends to focus the exhibit around two major tent poles: Evolution and conservation.

Everyone knows that whales are mammals, not fish. But what that actually means becomes apparent when you see its skeleton. A blue whale's flipper bones have a disconcerting similarity to human anatomy. Only the proportion is off: The arm bones are much shorter, while the finger-equivalents are longer. Some blue whales even have vestigial hind legs enclosed in their skin, remnants of a former life on land. These exquisite adaptations create a convenient avenue to talk about evolution, says Nick Pyenson, curator of marine mammal fossils at the Smithsonian.

"The question is always, 'Why did the whale go back to water?' We can't tell you why, we can tell you how," he says. Whales' closest living terrestrial relatives are hippos. Fossils show that cetaceans evolved from hoofed animals.

As for conservation, people seem to be fascinated with their mammalian kin, reinforced by their sheer scale.

"Even though it's dead, it's still an amazing thing to be able to walk for 85 feet along the side of what was once a living thing and be able to see just how beautifully streamlined they are and how super-evolved to live in the marine environment," says Jack Lawson of the Department of Fisheries and Oceans. TORSTAR NEWS SERVICE



Dissection inspection

Here lies the Trout River blue whale's head and jaw. If you have a stomach of steel, scan this photo with your Metro News app to see more photos of the Royal Ontario Museum's team taking the carcass apart. KATE ALLEN/TORSTAR NEWS SERVICE

Vatican bank

Watchdog calls for 'corrective measures'

The Vatican's financial watchdog agency said Monday that "corrective measures" were necessary at the Holy See's troubled bank to continue the path toward financial transparency and compliance with international anti-money laundering norms.

Financial Intelligence

Authority Director Rene Bruehlhart said the main problems identified in an investigation of the Institute for Religious Works concerned the bank's procedures for identifying high-risk activities.

Bruehlhart spoke to reporters after his annual report showed a spike in the number of suspicious financial transactions being reported last year.

THE ASSOCIATED PRESS

E. coli fears

Ground beef recalled in four U.S. states

Officials say a Detroit-based business is recalling about 1.8 million pounds of ground beef products sold for restaurant use in four states that may be contaminated with E. coli bacteria.

The U.S. Department of Agriculture's Food Safety and Inspection Service announced Monday that

affected Wolverine Packing Co. products were produced between March 31 and April 18. They were shipped to distributors in Massachusetts, Michigan, Missouri and Ohio.

The Food Safety and Inspection Service says 11 illnesses have been identified. E. coli can cause severe cramps, nausea and diarrhea, as well as other complications.

THE ASSOCIATED PRESS

Canada-U.S. meat dispute takes a free-speech twist



Cowboys move cattle northwest of Calgary in this May 2013 photo. Canadian cattle producers were in a U.S. court Monday, arguing for their right to free speech under the First Amendment. JEFF MCINTOSH/THE CANADIAN PRESS FILE

Buy America? Lawyer for the American government denied country-of-origin labels designed with protectionist aims

Exports hit

A U.S. insistence on country labels, introduced in 2002 and enforced since 2008, is blamed for reducing Canadian cross-border meat exports by half.

- The provisions are opposed by elements in the U.S. meat industry — but supported by some ranchers near the border, who compete with Canadians and Mexicans, along with their allies in Congress.

Canadian livestock producers were in an American courtroom Monday fighting against labelling requirements blamed for having devastated their exports to the United States.

Canadian and Mexican producers, and the U.S. partners they supply, argue that free-speech rights guaranteed in the First Amendment are being violated by the requirement that they stamp country-of-origin labels on meat packaging.

They say the requirement is not only costly, from a logistical standpoint, but also amounts to the American government forcing them to divulge information for illegitimate reasons — which,

they argue, violates First Amendment rights.

A lawyer for the American Meat Institute argued that the rules are pure protectionism, disguised as an attempt to help consumers learn about the origin of their food. She said the initiative did not meet the standard set by courts in past cases about corporate disclosure.

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Thailand's army declares martial law

This photo taken Monday shows anti-government protesters blowing whistles during a march through streets in Bangkok. Just one day later, Thailand's army declared martial law in a surprise announcement it said was aimed at keeping the country stable after six months of sometimes violent political unrest. The military, however, denied a coup d'etat was underway. The move effectively places the army in charge of public security nationwide. It comes one day after the Southeast Asian country's caretaker prime minister refused to step down. SAKCHAI LALIT/THE ASSOCIATED PRESS

'Wake-up call'

U.S. charge five Chinese military men with hacking

Accusing China of vast business spying, the United States charged five military officials on Monday with hacking into U.S. companies to steal vital trade secrets in a case intensifying already-rising tensions between the international economic giants.

The Chinese targeted big-name American makers of nuclear and solar technology, stealing confidential business information, sensitive trade secrets and internal communications for competitive advantage, according to a grand jury indictment that the Justice Department said should be a national "wake-up call" about cyber intrusions.

A company's success should not be based "on a sponsor government's ability to spy and steal business secrets," Attorney General Eric Holder said at a news conference.

THE ASSOCIATED PRESS

Hello! Is it me you're looking for? Feds haven't got a clue if landlines in use

The federal government has been running a massive robocall campaign out of Ottawa, dialling its own offices and hoping no one answers.

The objective? Ferret out and cancel the thousands of unused telephone lines that cost taxpayers millions each year.

So far, the robocalls have found at least 8,000 of them.

The project over the last year was to locate government lines that no one ever picks up, whether because of long-ago workforce downsizing, an office move or other reasons.

But Shared Services Canada, the agency in charge, has no master list of orphan telephone numbers for its 43 client departments, who are often sloppy about keeping track.

So it offered an auto-dialler system to the RCMP, Health Canada, Treasury Board and other big departments that allows them to ring their own office numbers to find out



Robocalls have found at least 8,000 unused government phones.
THE CANADIAN PRESS

whether a lowly bureaucrat actually lifts the receiver at the other end.

So far, there have been no answers at 8,000 desktop telephones, which puts them on a watch list.

The agency can then use another automated system to help verify whether each inactive line is permanently idle. The system actively monitors any outgoing calls from these suspect lines, and sends a report to Shared Services Canada alerting officials if the line is in use after all. THE CANADIAN PRESS

Google buys into the BYOD trend

Bring your own device.

As more workers use one smartphone for business and pleasure, Divide helps businesses manage the risks

Leading the way

1 billion

With more than one billion devices worldwide powered by Android it is the world's leading mobile operating system.

Google has bought Divide, a startup that helps companies manage the mobile devices that employees are increasingly relying upon to get their work done.

Financial terms of the acquisition announced Monday were not disclosed. The deal is part of Google's effort to widen corporate usage of smartphones and tablets running on Android, its mobile operating system.

Google is counting on Divide's technology to make companies feel more com-

fortable about allowing their employees to use Android devices for business email and other on-the-job tasks involving sensitive information.

More than one billion devices worldwide already are powered by Android, making it the world's leading mobile operating system. Divide also offers an app for Apple Inc.'s iPhones. Although Divide is joining Android, the company reassured existing iPhone customers that their device-management tools will con-

tinue to work.

Divide, originally known as Enterproud, was founded four years ago by former Morgan Stanley executives who believed that the growing popularity of smartphones and tablets would drive more corporate demand for device-management tools.

The New York company has raised more than \$25 million US, including a \$12 million round led by Google's venture-capital arm. Other early investors included the venture capital divisions of smartphone chipmaker Qualcomm Inc. and Comcast Corp., the largest U.S. cable and high-speed Internet service.

Besides its New York headquarters, Divide also has offices in London and Hong Kong.

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SLEEP-HACK YOUR WAY TO SUCCESS?

While waiting in line at a coffee shop, I recently overheard a conversation between two women who seemed desperate to outdo one another's exhaustion level. They complained to each other about lack of sleep, hectic workweeks and the amount of caffeine required to compensate for their lack of energy.

In North America, it's not uncommon for individuals to wear fatigue as a badge of honour. We pride ourselves on being overscheduled while excess free time is viewed as an indication of laziness or lack of ambition. Even our biological need for sleep is now a sign of weakness.

When it comes to the perfect amount of shut-eye, experts seem divided on the number of hours we should be getting. Most doctors maintain that the average adult needs somewhere around seven to nine hours a night. However, one of the largest sleep studies ever conducted — with over 1.1 million participants — found that people who sleep for just six-and-a-half hours a night lived the longest.



SHE SAYS

Jessica Napier

metronews.ca

Dave Asprey, a tech entrepreneur turned life coach, is a prominent advocate for the "less-is-more" approach when it comes to sleep. A self-proclaimed bio-hacker, Asprey spent 15 years and \$250,000 of his own money consulting with doctors and scientists around the world and experimenting on his own body to alter his biology and become a more powerful human being.

He's now shilling his bio-hacking secrets through his website, The Bulletproof Executive, which offers lifestyle advice, techniques and tools designed to optimize your own biochemistry. He promises to teach people how to stay healthy and achieve a peak state of productivity by sleeping less than five hours a night. One of his more uncomfortable-sounding sleep-hacking

tips is to submerge your body in an ice bath prior to bedtime to accelerate the natural drop in internal temperature needed to fall asleep. He also recommends purchasing numerous slumber aids from his own line of branded products, which includes Bulletproof Coffee and other nutritional supplements.

Asprey boasts that he has trained his body to subsist on three to five hours of sleep a night and is able to wake up fully rested and functional the next morning. His evangelical arguments for a better life on less sleep are very appealing to time-starved individuals desperate to squeeze a few extra hours out of the work day and supercharge their efficiency.

And sure, these sleep-hacking techniques may allow you to answer a few more emails during the day or finish some neglected chores, but is more time spent conscious really worth the potential health risks? Asprey himself recognizes the dangers of sleep hacking and warns that he is not a physician and that his tips are on how to "safely(ish)" hack your sleep. Bypassing your own biological needs in the name of productivity is incredibly arrogant and ignores the many well-documented and dangerous problems associated with lack of sleep, including increased risk of cancer, heart disease, diabetes and weight gain.

Many of Asprey's tips — such as turning off electronics at least an hour before bed and eating low-mercury fish — are helpful in terms of getting better-quality sleep, but reducing the number of hours is still a risk. Sacrificing the quantity of resting hours means gambling with both your mental and physical well-being.

ZOOM

Out of the darkness ...



In this June 2013 photo provided by National Geographic, diver Susan Bird, working at the bottom of Hoyo Negro, a large dome-shaped underwater cave in Mexico's Yucatan Peninsula, brushes a human skull found at the site. Thousands of years ago, a teenage girl fell into this deep hole and died. Now her skeleton and DNA are helping scientists study the origins of the first Americans. PAUL NICKLEN/NATIONAL GEOGRAPHIC/THE ASSOCIATED PRESS

... and into the scientific spotlight

Mexican experts plan to extract the entire skeleton of a teenage girl who nearly 13,000 years ago toppled into a deep hole in a cave and died, an official said Monday.

An official said that so far only a molar and a rib fragment have been removed from the underground cave where the remains were found in 2007.

Once recovered, the remains will be studied and displayed. THE ASSOCIATED PRESS

Skeleton holds clues to first Americans

The discovery of the girl's skeleton is bolstering the long-held theory that humans arrived in the Americas by way of a land bridge from Asia.

DNA testing shows the girl is related, maternally at least, to today's native Americans, meaning both would trace their lineage to Beringia, the land masses on either side of the ancient land bridge now covered by the Bering Sea.

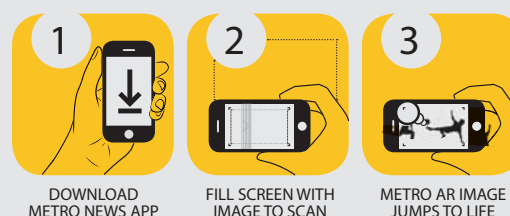
THE ASSOCIATED PRESS

Accidental discovery

- The girl's nearly complete skeleton was discovered by chance by expert divers who were mapping water-filled caves north of the city of Tulum, in the eastern part of the Yucatan Peninsula.
- The divers decided to name the girl Naia, after a water nymph of ancient Greek mythology.

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MetroTube

Call of the cattle man



ANDREW
FIFIELD
metronews.ca

Country rap exists. It's largely terrible, so you don't come across it much. But maybe there's hope. Maybe it's the approach that's wrong. Instead of mashing two genres of wildly different experiences and traditions together and hoping for the best, perhaps just allow things to happen organically. And like Darwin noticing the beaks on Galapagos finches, the adventurous optimist may see glimmers of country rap's original form in this video of a cattle auctioneer's calls transformed into smooth beats with the help of a few well-placed trap horns.



GETTY IMAGES FILE

(Via HNHD/YouTube)

DVD review



Pompeii

Director. Paul W.S. Anderson

Stars. Kit Harington, Emily Browning, Kiefer Sutherland

Pompeii isn't the complete disaster you'd expect from Paul W.S. Anderson, who of course really wanted to make this movie. As a commercial director of infinite zeal for all things derivative, loud and messy, he would take to illustrating the big Roman bang of AD 79 like a zombie duck to a pool of blood. Actors — including in this case Kiefer Sutherland, Emily Browning and Games of Thrones' Kit Harington — can be such a nuisance when all you really want to do is light the fuse on a stack of dynamite. Yet it must be said that Pompeii doesn't completely suck, although it does blow, metaphorically speaking. When the time comes for Mt. Vesuvius to unleash its historical fury, Anderson and his ace Toronto tech team really go with the flow. The mayhem of the ancient city being whacked by Mother Nature (or by vengeful gods) is convincingly rendered in the film's second half, with much fire and brimstone being tossed about.

PETER HOWELL

How to train your regular Canadian boy

Jay Baruchel. Despite his success, writer and actor still feels out of place on a red carpet in Cannes — he's more comfortable in his PJs

Cannes is awash in glamorous celebrities who peacock on the festival's red carpet and confidently parade through its multitudes. Jay Baruchel is not one of them. He may be the most uncomfortable person in Cannes. Baruchel readily acknowledges it's "a little intense" for his tastes, which are not exactly red-carpet ready: "I don't like wearing suits or nothin'," he says.

The 32-year-old Canadian actor was in Cannes for the premiere of *How to Train Your Dragon 2*, for which (as with the Oscar-nominated 2010 original), he voices the main character, Hiccup, a young Viking who befriends the dragons his tribe has long slayed. Baruchel, who broke out in the Judd Apatow TV series *Undeclared*, is best known for his comedies, including *Knocked Up* and last summer's *This Is the End*. The anti-Hollywood version of himself he played in that film has some truth to it. Baruchel, who speaks with a Québécois accent, lives in his native Montreal blocks from his family. "I wish I wasn't known for hating Los Angeles, because I spend a good deal of time there," he says.

When you, your co-stars and a large model of the dragon



Jay Baruchel is the voice of the young Viking Hiccup in *How to Train Your Dragon 2*. CONTRIBUTED

from the film were chaotically mobbed on the Croisette in a promotional stunt Thursday, you probably wondered how this could be your life...

The entire time. Exactly — "If my friends could see me now" type of thing. And what my life was two days ago: I look like a dirt bag more often than not. I'm in my pyjama pants 12 hours a day. The biggest thing I had to do two days ago was clean the litter boxes. And here I am on the Croisette and there's people getting elbowed in the head.



You've now spent some seven years on *Dragon*, with a third film planned. What's that journey been like?

You can spend your entire career and never be part of something that's half as important as *How to Train Your Dragon*. We all knew it

was a good movie, but I don't know if any of us expected to it be a global phenomenon.

The hockey comedy you co-wrote, *Goon*, has a deserved cult following.

In the States, it's a cult life. In Canada, it was a bona fide, massive hit. We were number 1 in Canada when we opened, and English-Canadian movies are never number 1 ... Our American distributors (Magnaolia Pictures) dropped the ball a bit, unfortunately. Their model is all about VOD, which is fine, but the movie deserved a better life. But it's achieved one.

THE ASSOCIATED PRESS

2 SCENE



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George Clooney directed, wrote, co-produced and starred in *The Monuments Men*. SONY PICTURES

MONUMENTAL INSPIRATION

A Hollywood film about a heroic art rescue mission during the Second World War has a Toronto link because the American conservator the movie is based on worked at the Royal Ontario Museum before leading his platoon on a secret operation overseas.

The movie, *The Monuments Men*, stars George Clooney, whose character is inspired by George Stout, one of the leading 20th-century figures in the field of conservation. The Harvard professor's influential restoration techniques were brought to the ROM in the summer of 1933 when he worked on an important Chinese mural that still hangs in



Lt. George Stout, U.S. First Army and U.S. Twelfth Army Group.

WALKER HANCOCK COLLECTION

THE EUROPEAN WAR THEATRE

Initially in the mission of the Monuments Men, George Stout was the only conservator and had to train the others — mainly art museum professionals — to properly document, pack, store and transport the recovered artworks in the European war theatre. In one instance, Stout had so few packing materials that he had to use Belgian lace to pad a valuable sculpture.

the museum today. Stout was later selected to assemble an expert team of conservators, curators and art historians that would risk their lives during the Second World War in an effort to save art and artifacts from Nazi hands.

The Monuments Men was released in theatres in February and is soon to be available in DVD/Blu-ray.

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The ROM's seven conservators are part of an exclusive profession with an estimated few hundred in existence across the country. They all watched the film with a unique and rarefied perspective, even cheering in one scene when Clooney dusts off a work of art.

"These are the types of things we get excited about," says Heidi Sobol, the ROM's senior conservator of paintings. "Our profession is rarely highlighted because there is so few of us proportionally in society. It's nice to see not only a movie about the types of things we do in our profession, but also referenced in such a monumental and noble pursuit. To have George Clooney play one of our most notable conservators was quite exhilarating."

Clooney directed, wrote and co-produced the movie, which is based on Robert M. Edsel's book *The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History*.

Stout made his way to the ROM in the summer of 1933 after former ROM director Charles Trick Currelly asked him to work on *The Paradise of Maitreya*, a 13th-century wall painting that is still in the museum's Bishop White Gallery of Chinese Temple Art. The mural had arrived at the ROM from China in 1928 in pieces — 63 to be exact — thanks to monks who carved it out of China's Xinghua Si Temple wall in an attempt to protect it from invading armies in the village of Xiaoning in Shanxi province. The mural is about five metres by 11 metres and depicts the Buddha Maitreya giving a sermon in an imagined heaven.



SONY PICTURES

"He was very conscientious about restoring the mural in a way that would make it treatable again, which is one of basic tenets of conservation," Sobol says.

Known as a responsible conservator, Stout and his contemporaries advanced the field of conservation during the 1930s, '40s and '50s, helping build the profession's profile. Up until then the prevalence of scientific methodology in conservation had been limited and the profession was approached more as

a craft that you learned through an apprenticeship. But Stout approached conservation from a more scientific point of view, emphasizing the analysis of the artwork as well as its documentation.

"Our field of restoration and conservation really took off in the mid part of the century and a lot of that is owing to George Stout and all his colleagues at Harvard and the Fogg Museum. They put out some very important publications we still reference today."



Monuments Men George Stout, left, Walker Hancock, centre right, and Steven Kovalyak, right, during the excavation of Bernterode. The soldier standing between Stout and Hancock is Sgt. Travers. WALKER HANCOCK COLLECTION

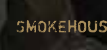
EDUCATIONAL PURPOSES

From the ROM correspondence archives, George Stout alludes to the issue of Prohibition in the U.S. In advance of his trip to the ROM, he was assembling materials and supplies, including the solvent ethyl alcohol. This solvent is also known as ethanol, which is used to make alcoholic beverages. "In spite of our national prohibition on spirits, we are able to buy it at wholesale price for scientific and educational purposes," Stout wrote.

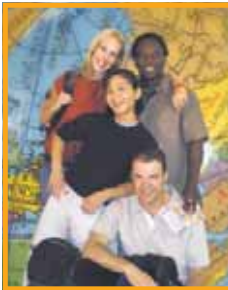
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Maps to the Stars wows Cannes

Wickedly funny.

David Cronenberg's latest film lampoons Hollywood's narcissism

Maps to the Stars is David Cronenberg's nightmarish, hyper-real tale on vanity, greed and family dysfunction in Hollywood. But it may hit a raw nerve for some in the movie industry.

With an all-star cast, including Julianne Moore, John Cusack and Robert Pattinson, the biting tragicomedy that premiered at Cannes on Monday has critics guessing if it could produce, at long last, the veteran Canadian director's first Palme d'Or.

It's the story of Benjie Weiss, a troubled child-star brat and recovering drug addict, played with scene-stealing cruelty by Evan Bird. He's a relatively unknown 13-year-old who does not look dissimilar to a younger Justin Bieber.

The film explores the theme of incest. Literally, in the strange relationship Benjie develops with his disfigured

sister Agatha, played by Mia Wasikowska; but also metaphorically: in this suffocating Cronenbergian vision of Tinseltown, every star in the movie constellation is linked together, inbred, and not even the darkest secret can remain hidden for long.

Moore is brilliant as the hysterical Havana Segrand, a desperate 40-something actress who lives in the shadow of her forever-young Hollywood icon mother and sleeps with directors to stay in the game.

However, Moore dodged questions about this film mirroring nasty industry realities and wouldn't speak ill of Hollywood — despite her character's obvious message.

"I love the movie business. I'm not here to disparage it," she said.

Cronenberg added with a smirk: "There's nothing repulsive in the movie business. It's all fabulous."

Can it be that it's still taboo to speak publicly about the movie industry's dark side?

Only John Cusack, who plays a deranged self-help TV guru father, hinted that this neurosis-ridden, dysfunctional



From left, actor John Cusack, actress Julianne Moore and director David Cronenberg pose for photographers at the 67th Cannes international film festival in Cannes, southern France, Monday, May 19, 2014. ALASTAIR GRANT/THE ASSOCIATED PRESS

image of movie-making was an accurate portrayal.

"It was a very familiar ecosystem ... of fear and greed and desperation. And there are all sorts of people who function within that (in L.A.) — feed it, enable it, are predators there," he said.

But above all, this picture, a laugh-out-loud orgy of narcissism, is Cronenberg's funniest to date.

Moore steals the film in a

brilliantly macabre scene in which her character jumps up and down in happiness on news that a lead actress's son has died tragically in a swimming pool, opening up a vacancy for her to replace the distraught actress as the film's lead.

It had audiences laughing hysterically out of shock, and was the funniest, if darkest, seen in Cannes so far.

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Deryck Whibley ALL PHOTOS GETTY IMAGES

Sum 41's Deryck Whibley hospitalized for alcohol abuse

Sum 41 singer and Avril Lavigne's ex-husband Deryck Whibley has been in the hospital for the past month due to his alcohol consumption, he reveals on his own website.

"My liver and kidneys collapsed on me. Needless to say it scared me straight. I finally realized I can't drink anymore. If I have one drink, the (doctors) say I will die," Whibley writes alongside photos of

him in the hospital. "I was drinking hard every day. Until one night. I was sitting at home, poured myself another drink around midnight and was about to watch a movie when all of a sudden I didn't feel so good. I then collapsed to the ground unconscious. My fiancée got me rushed to the hospital where they put me into the intensive care unit."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Solange, Solange, will we ever know?



STARGAZING
Malene Arpe
scene@metronews.ca

Speculation has run rampant all week as to why Beyoncé's sister Solange would attack Jay Z in an elevator. These are the most likely theories: 1) Solange was standing up for her sister against Jay Z, who is a cheating cheater; 2) Solange was drunk and Jay Z was the nearest target; 3) Illuminati; 4) Masons; 5) Satan; 6) Fight club; 7) Molecules; 8) Milan Lucic told her to.

Ozzy Osbourne has had



his application to convert a barn in his Buckinghamshire home denied because the barn is full of bats. "Bet you didn't imagine the revenge would come via good, old-fashioned bureaucracy," said a bunch of bats.

Kylie Jenner tattooed Lionel Richie's son and posed with a shirtless Jaden Smith. "You're my new favourite," said Kris Jenner. "For now. Don't get complacent."



Heidi Klum

For Heidi Klum, breakups can be expensive

Heidi Klum split from her bodyguard-boyfriend, Martin Kirsten, back in January after 18 months of dating, but sources say she didn't leave him empty-handed.

"Martin says Heidi treated him well so he would keep his mouth shut," a source says, explaining that it was Kirsten who reluctantly ended their relationship. "He was sick of being a househusband. He did

everything for the children. He says Heidi is a lovely person, but he had to do what was right for him. He's really sad."

But a hefty financial send-off from Klum apparently helped cheer him up. "Martin has been spending thousands of dollars on dinners, parties and clothes," says the source, adding that Klum also apparently bought Kirsten a house for his mother in South Africa.

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Bittersweet truth about sugar

You thought chocolate was your friend: it's always there for you when things get rough. But it could actually be the enemy in disguise. From weight gain to diabetes, a diet high in processed sugars is going to make you fat, old and ill. Anne Alexander, author of *The Sugar Smart Diet*, tells us why the sweetest things in life are making us sick.

ROMINA MCGUINNESS Metro World News in London



It'll turn you into a moody cow

Overconsumption of sugar causes mood swings. "Every time you eat a sugary meal, your brain releases a feel-good hormone known as serotonin. So for about half an hour you're on a high (you may have noticed that you have more of a sweet tooth when you're feeling low). But right after that sugar rush comes a crash — and you feel worse," says Alexander. Instead, she recommends doing something that'll make you feel better without taking you through this up/down cycle, such as yoga, a quick walk or meditative breathing.

It's being added to every thing

According to Alexander, Americans alone are eating an average of 130 pounds (59 kilograms) of sugar a year — that's 22 teaspoons a day. They're getting the bulk of it from processed foods, not naturally occurring sources, such as fruit or dairy.

"Most of the time sugar is the first, second or third added ingredient. It's hiding in your pasta sauce, your salad dressing — it's even in your 'skinny' soup," she tells Metro. Why? Companies use it in lieu of fat to make up for the lack of taste. Even so-called healthy foods are full of it: "Yogurt, for example, often contains the same amount of sugar as ice cream," she adds.



Beware the spare tire

"Sugar per se isn't going to make you gain weight; eating too much of it on a daily basis will. The new research coming out on pure fructose is troubling. It stimulates your appetite, and causes you to gain weight really quickly via a process known as lipogenesis. We're not talking about the fructose you get from eating fruit. Many manufacturers have figured out a way to make super-concentrated fructose, which promotes hunger and speeds up the body's ability to make fat," explains Alexander. And as fructose causes globules of fat to be stored in your abdominal organs, that's how you end up with a flabby belly.

It makes you look bad (and old)

A lifetime of sodas, cronuts and whatnot will accelerate age-related damage. "Sugar speeds up the breakdown of the protein fibres responsible for keeping the skin firm and elastic. Once these have been damaged, the skin takes on a more brittle, saggy appearance. This happens via a process known as 'glycation,' whereby sugar in your bloodstream attaches to proteins to form harmful new molecules called advanced glycation end products (AGEs). The more sugar you eat, the more AGEs are produced and as these build up, they damage the proteins nearby," Alexander tells us.



It's making you ill

"People worry about cavities and putting on weight — but at no point do they think about the effect their diet is having on their actual health," says Alexander. "A diet high in processed sugars has been linked to obesity, diabetes and heart disease. It can drive up your cholesterol (which leads to high blood pressure), and cause excess insulin in the bloodstream, which in turn takes its toll on your arteries. It can also increase your risk of getting diabetes: a recent study found that for every extra 150 calories from sugar available per person each day, diabetes prevalence rises by 1.1 per cent."

3 TIPS

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**BEST HEALTH
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Bonnie Munday
Editor-in-chief
Best Health Magazine

What are the best post-workout beverages? Water, of course, is a go-to. And milk is just as hydrating. Plus, it increases muscle protein synthesis after strength and endurance training, according to research published in the Journal of the International Society of Sports Nutrition.

In the May issue of Best Health magazine, Canada's healthy lifestyle magazine for women, staffer Melissa

Greer rounded up some post-workout drinks that hydrate surprisingly well.

Watermelon Juice

Did you know that it helps ease post-workout muscle pain?

Research published in the Journal of Agricultural and Food Chemistry found that L-citrulline (watermelon is rich in this amino acid) helps reduce recovery heart rate and muscle soreness.

Look for watermelon juice in health food stores. But check that it's not just a watermelon-flavoured drink with lots of added sugar.

Better yet, make your own

by throwing chunks of seeded watermelon into a blender; whirl, and strain out any pulp.

Tomato Juice

This is rich in lycopene — a natural antioxidant that protects cardiovascular health and helps reduce exercise-induced muscle damage. Add water if you find it too thick.

Cherry Juice

It can reduce exercise-induced muscle pain and damage, according to a study published in the British Journal of Sports Medicine.

As with watermelon juice, look for brands that don't have

lots of added sugar, or choose cherry nectar and dilute with water as desired. And, of course, be sure to drink up before and during your workout, too.

Why not try a drop of peppermint oil in your water bottle?

Research published in the Journal of the International Society of Sports Nutrition found that consuming this essential oil for 10 days had a positive effect on blood pressure, exercise performance and breathing ability during a workout.

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Dieting brides, think long-term

Pressure from family and friends is wedlocking women into weight gain. New research from Flinders University in Adelaide, Australia, shows the demands of those nearest and dearest to the brides-to-be encouraging her to lose weight actually had the opposite effect.

Ivanka Prichard, lead researcher in the study, explains what the findings mean.

Where does the pressure for brides to lose weight come from?

Research shows that it stems from a number of sources — mothers of the bride, their fiancé, friends, bridal dress-makers and the media.

How do these findings differ from past studies on post-wedding weight gain?

They highlight the importance of pressure from others to lose weight for a wedding: Women who had been told to lose weight for their big day actually gained closer to nine pounds in the six months afterwards.

How did women who weren't under peer pressure fare?

They gained less weight. On average, four pounds.

Apart from pre-wedding dieting being ineffective in the long term, what are other dangers of extreme dieting?

Extreme dieting prior to the wedding could lead to eating disorders that continue later on. Any dietary changes in the lead-up to a wedding should be focused on healthy eating and something that is maintain-

able after the early days of marriage.

Is pre-wedding dieting actually detrimental to long-term weight loss?

In general, research shows weight gain is common after dieting. The best way to achieve long-term weight loss is to modify health-related behaviours, such as increased physical activity and healthy eating, and maintain this change in the long term.

EDWARD THOMPSON, METRO WORLD NEWS

LEARNING CURVE

Summer studies have pros and cons

After this year's especially long and cold winter, spending more time in libraries and study halls is hardly top of mind for the average Canadian university or college student.

Yet, this spring, thousands of studious post-secondary scholars are hitting the books for summer classes.

While there are definite arguments in favour, summertime studies are not for everyone. Weighing the benefits — along with the detriments — can help make the choice a well-educated one for those on-the-fence fair-weather students.

Students opt for summer school for a host of motives — retaking a failed class, getting ahead in a degree program, completing a prerequisite, or simply lightening the course load for the regular school year.

Because summer courses tend to be smaller there are often fewer students, meaning more one-on-one attention from a teacher.

Though it depends on the school, summer courses are usually concentrated into several weeks of intensive instruction, which has its own pros and cons.

"It's like working a full-time job," says Katherine Connolly, who worked for two years in the registrar's office at the University of King's College in Halifax, N.S. "You have to be able to focus and be disciplined."

The condensed format also means deadlines — whether for assignments or drop dates — pass quickly.

"Two weeks in if you realize that you're not going to do well, and that maybe this course isn't for you, you're sort of stuck."

But the limited time frame also means students are free to invest more time and energy into a single subject without the distraction of other classes.

"I liked just doing the one condensed course because you're learning everything about that one specific topic rather than



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spreading out your attention over five different subjects" says Kira Beukeboom, a biology student at the University of Victoria currently completing a summer field study course in environmental restoration.

Beukeboom also says the learning environment as more laid back.

"(You're) not in the midst of a full-on semester. Even the teachers are more relaxed."

There is plenty to ponder when saying yay or nay to summer studies. Either way, it's worth doing some homework to make sure the decision is a well-educated one.

— Gordon Omand



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Receive quality, hands-on training at ABM College

ABM College works hard to offer students programs in fields that are in demand by both students and employers.

As part of this promise to its students, ABM College is now offering two new programs — hospitality business management, and oil and gas administrative assistant.

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says Dr. Mohammed Baten, president, ABM College. "Not only is our program recognized by employers, but our students are receiving well-paid job offers from employers before they even graduate from their program."

The new hospitality business management programs provides students with a strong understanding of terminology and best practices within the hospitality industry.

The program consists of 34 weeks of in-class and computer lab instruction, and includes a two-week practicum where students can put their training to the test in a working environment.

Students of the new oil and gas administrative assistant program will gain industry-specific knowledge and training necessary for a position in the oil and gas industry.

This program will help students develop their leadership skills, prioritize projects, and gain computer skills needed for the job.

This program also includes a four-week practicum.

For more information about either of these new programs, visit abmcollege.com.

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CHILDCARE CENTRE OPENS

Finding childcare in the city can be a difficult task. To help alleviate this problem for its staff, students and even the general public, Columbia College is excited to announce the opening of its new Child Care and Early Education Centre.

"We feature a play-based program for all children where they can learn through exploration and cultivate their interests," says Candice Speer, program developer, Columbia

College. "In this way, learning becomes spontaneous and enjoyable — we aim to inspire children to become lifelong learners."

The purpose of the centre is to provide a quality childcare option for any family in need of quality care for children between 12 months and six years old.

The goal of the centre is to support healthy development of the whole child — socially, emotionally, physically and intellectually.

"Parents can be reassured that their children are learning, growing and enjoying their time at our care centre, while freeing their energies to meeting their academic goals as adult learners," Speer says.

The centre opened its doors May 12, and spots are still available for the general public in every age group.

For information, visit child.columbia.ab.ca, or call Candice Speer at 403-235-9381.



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"One of the most important and beneficial aspects of Academy of Learning's Integrated Learning System is how we are able to set aside the notion of semester start dates that are written in stone," says Charles Jarvis, gen-



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eral manager of Academy of Learning Career College. "There's no reason anyone should have to wait until September to get a new start. Life won't wait, why should you?"

For more information, please visit academyoflearning.ab.ca.

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BECOME ACTIVE IN YOUR COMMUNITY

ENROL AT BOW VALLEY COLLEGE

When Thu Blackwell's son Liam, 5, was diagnosed with autism, she was told he would probably never speak.



Liam

But now, through the help of disability aides who have been assisting with her son, Blackwell says she can't get him to shut up — and she could not be happier.

"Because we were told he was completely non-verbal, our expectations of him were kind of low," Blackwell says.

"The disability aides have been essential to him growing."

Liam was diagnosed in 2010, while the Blackwell family was living in Utah, but after receiving the diagnoses, the family decided to move to Canada, where supports for his disability are more accessible.

Since moving to Calgary almost four years ago, Blackwell says she has seen an incredible amount of improvement in Liam and his communication and social skills.

"While the therapists do a lot, it is the



Thu Blackwell. CONTRIBUTED

aides who carry out the day-to-day and work on the goals to help them develop," Blackwell says.

The one characteristic that Blackwell has noticed in all of the disability aide workers

who have worked with her son was their love of their job.

"I have never seen an aide who did not want to be there. Their passion to help the children is something that they all have."

EIGHT-MONTH PROGRAM

The disabilities studies program is offered as an eight-month certificate program, with the option for students to add an additional eight months to earn a diploma (for a total of 16 months of study). Applications are being accepted for the Sept. 2 intake.

For those individuals who possess these characteristics and are interested in this field of work, the disabilities studies certificate and diploma programs at Bow Valley College will provide the training needed to begin taking an active role in the community.

"The demand for a well-educated workforce in the human services field is growing as schools and communities become increasingly inclusive in their programs and services," says Becky Kelley, co-ordinator human services programs at Bow Valley College.

"There is a high demand for workers with training in disability studies, including behaviour management."

For more information about this program, visit bvc.me/Disability-Studies.

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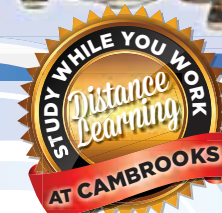
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development manager, Digital School.

CAD courses include computer-aided drafter certificate, architectural CAD technician diploma, and engineering CAD technician diploma with process piping specialization.

Digital School graduates will be out and working in six months to one year in architectural offices, engineering firms and other related companies.

"Digital School students not only learn a number of different Autodesk software, they learn valuable skills and that will elevate

their careers in the world of building information modelling (BIM)," Myers says.

BIM is a methodology for project development and management that relies on a central, shared data model. These methods can apply to almost any kind of project using CAD.

Applications for the June 30 intake are being accepted.

For more information about Digital School or to meet with an admissions adviser, visit digitalschool.ca.

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For students looking for a school with small classes, accelerated completion and instructors with industry experience, it is time to enrol at Cambrooks College.

Located in the southeast, Cambrooks College offers programs in information technology, business, health, academic upgrading, and

English as a second language.

"Cambrooks is a very friendly environment and strives to offer the best experience to students," says Pamela Paul, programs manager, Cambrooks College.

To help students get the best learning experience possible, most programs are also offered in the evening to allow students to work during the day.

For those who may be looking for extra

financial help, full assistance and guidance is given to students applying for loans and grants.

At Cambrooks, the success of the students is the key to the school's success.

"Cambrooks has great success with all of our graduated students finding work in their chosen fields," Paul says.

Cambrooks also strives to assist newcomers by providing new immigrants with opportunities to acquire credentials that would enable them to step into the Canadian job market.

With four intakes per year (June, October, January, and March), it is always a perfect time to start thinking about heading back to school to get started on the career you have always wanted.

For more information, visit cambrooks.ca.



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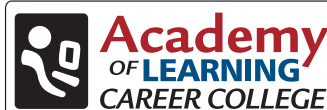
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A little bit of honey makes squid yummy

Red Rice Bowl with Buttered Calamari. The secret ingredient in this recipe is its dressing, which mixes sweet and savoury flavours

THERESA ALBERT

myfriendinfood.com

There is nothing simpler than a rice bowl topped with some crisp, green veggies and fish.

In fact, in much of the Asian world, this is a no-brainer staple and rice is kept in the rice cooker for just such a dish.

Even if you don't have the forethought to do the rice ahead, it only takes 30 minutes to cook this nourishing foundation.

This recipe uses red rice or brown basmati. Red rice is simply another variety of unhulled rice, but it does have the added benefit of cancer fighting phytochemical, anthocyanin.

1. Remove calamari rings from freezer and allow to slightly thaw on counter.

2. Add cold water and brown rice to a pot and bring to a boil. Turn down and allow to simmer for 20 minutes while you prepare dressing and calamari.

3. Mix ingredients for dressing: oil, vinegar, lemon or sumac, 1 clove garlic, mustard, honey and red



This recipe serves four. THERESA ALBERT

pepper flakes. Set aside 2 tbsp to drizzle at the end.

4. Chop cucumber and cabbage and add to a large bowl. When rice is cooked, add to cucumber, cucumber and stir in all but 2 tbsp of dressing. Add sunflower seeds. Set aside.

5. In a large skillet, melt butter, add garlic and quick-

ly stir in calamari. Toss on high heat for 2-5 minutes until rings are cooked through but not tough.

6. Top rice with calamari and drizzle remaining dressing.
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

Calamari gets a sizzling makeover



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Calamari is usually a deep-fried, restaurant appetizer but it is actually a quick cook, nourishing, low-fat protein.

Squid can be purchased in whole tubes, which are great for stuffing and baking. But make sure they are "cleaned," meaning the guts and inedible tooth are removed. This is one smelly, disgusting job.

A much easier option is to purchase squid frozen and already cut into rings.

A quick sauté in a hot pan or a fast grill is the best way to cook calamari. Flavouring comes later. Marinating only toughens the already rubbery texture, as does overcooking. Truly, you don't want to cook these

for more than two to four minutes over very high heat.

Squid is a decent source of the all-important omega-3 fatty acid, but it is a really great non-meat source of B12, critical for energy production and battling the impact of stress.

The bottom line is simple: don't wait for a deep fryer to enjoy this seafood. Do it at home and be happier, smarter and healthier.
THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Canadiens' defeat comes without Price

Rangers lead series 2-0. Habs' star goalie and 'best player' Carey Price benched with injury

Martin St. Louis scored in the second period and Henrik Lundqvist made 40 saves as the New York Rangers made it two in a row at the Bell Centre with a 3-1 victory over the Carey Price-less Montreal Canadiens on Monday night.

The Rangers lead the best-of-seven Eastern Conference final 2-0 heading back to New York for Game 3 on Thursday and Game 4 on Sunday.

Max Pacioretty scored for Montreal, which outshot New York 41-30.

The Canadiens had a shaky Dustin Tokarski playing his first career NHL play-off game in goal in place of Price, the Olympic gold medalist who hurt his right knee in the series opener when he was crashed into by Chris Kreider.

The Canadiens rebounded from a listless 7-2 thumping in the opener with one of their better games of the play-offs, but some bounces went New York's way and Lundqvist proved he has exorcised his Bell Centre demons with a nearly flawless game.

The high-paced action from the start between two of the league's best skating teams had the 21,273 in the seats roar for most of the game.

Montreal's worst fears



Dustin Tokarski lets in a first-period goal by Rangers forward Rick Nash on Monday night at the Bell Centre in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

were realized in the first period, which they dominated while still falling behind 2-1.

A long period of sustained pressure produced the first goal as Lundqvist's clearing attempt went off Pacioretty's skate and into the net at 6:14.

But only 17 seconds later, the hockey gods gave it back to New York as McDonagh

swiped a puck toward the net from the point and saw it go in off Josh Gorges' leg and a goalpost.

The crowd was booing Kreider when he sent a pass across to the right side and Nash's one-time went in off the midsection of Tokarski, who was late getting across. It was the second in as many

games and second of the play-offs for Nash.

Tokarski had no chance as St. Louis wired a shot from the slot on a power play inside the post at 8:03 of the middle frame.

The Rangers played a thorough defensive game in the third to prevent a comeback.

THE CANADIAN PRESS

Game 2

3

Rangers

1

Canadiens

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Thunder Tim-bit in San Antonio

NBA playoffs. Spurs attack Thunder's depleted front court in opener of West final

Tim Duncan scored 27 points and the San Antonio Spurs took advantage of Serge Ibaka's absence to dominate the paint, beating the Oklahoma City Thunder 122-105 on Monday night in the opener of the Western Conference finals.

Manu Ginobili added 18 points and Kawhi Leonard and Danny Green had 16 points each. Tony Parker did not appear limited by a hamstring injury, scoring 14 points and having 12 assists.

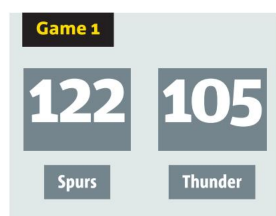
Kevin Durant scored 28 points and Russell Westbrook added 25. Oklahoma City's remaining starters, Nick Collison, Thabo Sefolosha and Kendrick Perkins combined to score five points.

The Thunder struggled without the defensive presence of Ibaka, who will miss the remainder of the post-season after suffering a calf injury in the Thunder's series clincher against the Los Angeles Clippers.

San Antonio had 66 points in the paint and shot 58 per cent from the field.

The Spurs fed Duncan early with Ibaka out, and the veteran responded by scoring 12 points in the first quarter, making six of his seven shots.

The Spurs beat the Thunder for the first time this season, but it wasn't easy despite Iba-



ka's absence. Despite missing his first four shots, Westbrook continued to bull his way into the lane and it paid off as the game wore on.

Westbrook had 12 points in the third quarter, continually driving past Parker and the Spurs before they could settle in defensively.

With the exception of a pair of free throws by Derek Fisher, Westbrook and Durant scored all of Oklahoma City's points in a 23-22 third quarter.

The extended efforts exerted by the Thunder's two all-stars eventually took a toll, especially with the Spurs bench coming to life. Westbrook and Durant were limited to seven points in the final quarter.

Spurs forward Aron Baynes entered with 2:43 remaining in the third and had an immediate impact in slowing the Thunder's interior penetration.

Ginobili closed the quarter with a pair of driving layups to extend San Antonio's lead to 89-82. San Antonio scored the first six points of the fourth, including Leonard's drive down the lane where he spun away from Durant and split two defenders for a layup on the opposite of the rim.

THE ASSOCIATED PRESS



Spurs power forward Tim Duncan shoots over Kevin Durant and Kendrick Perkins of the Oklahoma City Thunder on Monday night in San Antonio.
RONALD MARTINEZ/GETTY IMAGES

Tarnished Sterling

Clippers' owner may lose team

The NBA charged Donald Sterling on Monday with damaging the league and its teams with his racist comments, setting up a

June 3 hearing after which owners could vote to terminate his ownership of the Los Angeles Clippers.

A number of sponsors suspended their deals with the Clippers in the wake of Sterling's remarks.

THE ASSOCIATED PRESS

NBA playoffs. Pacers' George prepared for all-out onslaught from James

LeBron James is ready to help the Miami Heat get even against the Indiana Pacers.

After spending Sunday night and Monday morning sifting through Sunday's Game 1 loss, the Heat are ready to start over in Game 2 on Tuesday night.

The changes start with James.

"My approach is the same every game, try to put pressure on the defence, try to get to the free-throw line to help us win," James said. "I got to the rim. I got my shots going, but I've got to do a little more, too."

While Heat coach Erik Spoelstra acknowledged the tape was every bit as bad as it looked in person, he didn't drop any hints about what might change.

To the Pacers, that means one thing: Expect James to do even more than he usually does. Nobody understands that better than Paul George.

Over the past two years, these teams have met 15 times, with George usually drawing the seemingly impossible task of defending James.

"He (James) will shoulder everything. I think he's going to be much more aggressive with the ball," George said.

"I think he's going to be looking to make more plays, looking to shoot more shots and really looking to get guys going. It's going to be a tough



LeBron James GETTY IMAGES

night for me, but that's part of the league."

Miami has a lot to work on. In Game 1, the Heat made just 6 of 23 three-pointers, allowed the Pacers to shoot 51.5 per cent from the field, grabbed just four offensive rebounds and sent the Pacers to the free-throw line 37 times.

The Heat were so bad, they never led and never even had a chance to tie the score after the first 40 seconds.

Obviously, James wants to make sure there's no repeat Tuesday night.

"We cleaned a lot of things up today and we're ready for tomorrow," James said. "You just go in with the mindset that it's a must-win and we go at it tomorrow." THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

Don't worry if you find it hard to put your feelings into words – your body language will tell partners and loved ones all they need to know.

Taurus

April 21 - May 21

Why are you so determined to take a negative view of everything that happens? The planets warn in no uncertain fashion that if you think bad thoughts then bad things are more likely to happen.

Gemini

May 22 - June 21

You may have to postpone something you were looking forward to today, but come the end of the week you will look back and be glad you were forced to change the timing.

Cancer

June 22 - July 23

You don't have to be number one all of the time, even though as a cardinal sign you are used to being a leader. If you want to get ahead this week you must compromise.

Leo

July 24 - Aug. 23

You don't have to commit yourself to something if it doesn't feel right. Others may try to make you feel guilty about leaving them in the lurch but it is your own needs that take precedence.

Virgo

Aug. 24 - Sept. 23

It may seem as if a dream is not going to come true but more likely the planets are making you wait a bit so that when the things you desire eventually come your way you will appreciate them more.

Libra

Sept. 24 - Oct. 23

You should know by now that change is the only constant in life and the really good news is that the changes coming your way over the next few days will delight you.

Scorpio

Oct. 24 - Nov. 22

You'll be a bit touchy as the new week begins, perhaps due to a vague fear that a work colleague is plotting against you. Most likely there is no truth in it at all.

Sagittarius

Nov. 23 - Dec. 21

It's good that you support some kind of cause but don't fall into the trap of believing that it's OK to use underhand methods to further your aims.

Capricorn

Dec. 22 - Jan. 20

There is no point arguing with people in positions of power, especially now that Mars, planet of ambition, is resuming its normal direction.

Aquarius

Jan. 21 - Feb. 19

It may seem as if your rivals are being favoured while you are being ignored but even if that is true why should it worry you? Since when have you been the sort who needs other people to help you?

Pisces

Feb. 20 - March 20

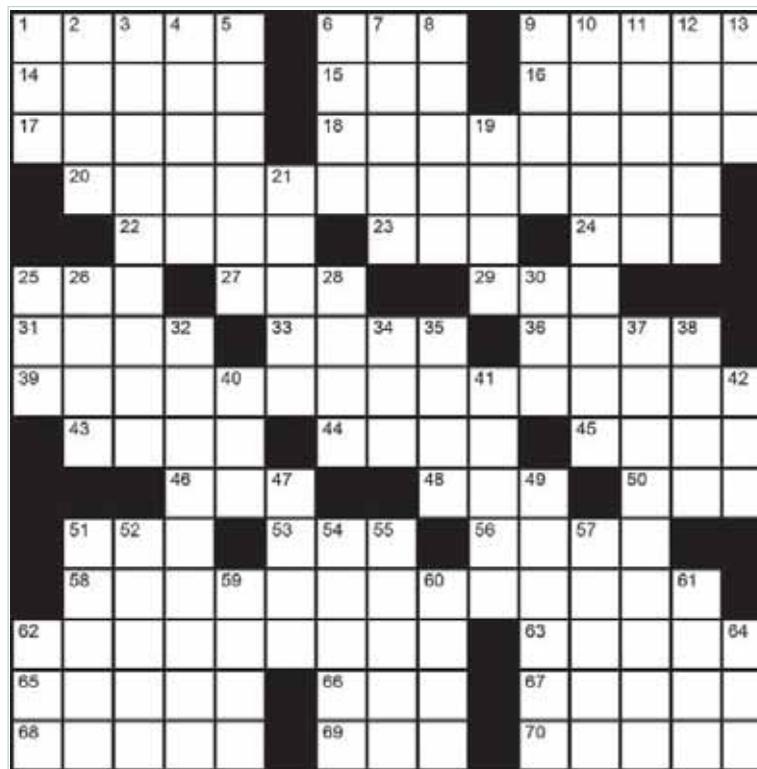
You may have every right to get angry with someone who has let you down but you will make a better impression if you forgive and forget and act as if nothing important has occurred. In the greater scheme of things, it's no big deal.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. The ___. ("Cherish" '60s band, briefly)
6. Sports: Patriots' gr.
9. Actor Mr. Griffin
14. Bing Crosby's "___-Loo-Ra-Loo-Ral"
15. Philosopher, ___-tzu
16. Hokey
17. Heroism [var. sp.]
18. Swiss ___
20. Stevie Wonder hit that goes "Call up, ring once, hang up the phone...": 2 wds.
22. Katy Perry hit
23. Freelancer's encl.
24. "Cold Mountain" (2003) role
25. Hawaiian fish
27. Fleur-de-quoi?
29. QC city
31. Tart
33. Three-___ sloth
36. Belonging to an '80s TV alien
39. Servings from Mommy's kitchen: 3 wds.
43. Letters beside GHJKL
44. "Finding ___" (2003)
45. 2010 Ringo Starr album: "___"
46. Radio setting [abbr.]
48. Gremlin
50. Flames, on scoreboards
51. Whale sort



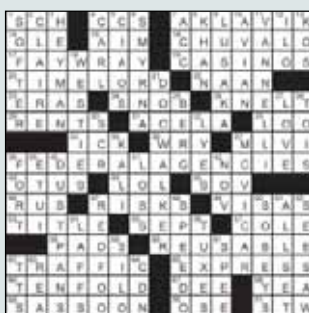
53. Muesli tidbit
56. Carefree
58. Thousands of American resistors of the Vietnam War settled in Nelson, BC in order to?: 3 wds.
62. New York's famed artsy school
63. High nest, vari- antly
65. Play part, ___
66. Mr. Chaney
67. "I ___ break!"
68. 2003 to 2004 sitcom, "Oliver ___"

69. Singer Salonga
70. Wooden ___
- Down
1. Four-wheeler, e.g.
2. Cleanser
3. Glassy/sunny exten- sions
4. Storm aka ___ Mun-

- roe, Halle Berry's role in "X-Men: Days of Future Past" (2014)
5. Felix ___, Canadian electronica producer
6. Jai ___
7. Barn locales
8. Cage the Elephant's

9. Designer, Marc ___
10. Toronto's DVP = ___ Parkway
11. ___ fruit
12. Prefix with 'red'
13. Behold
19. Space: Primordial matter
21. "___ calm down." (Breeeathe)
25. Strong wood
26. Q. "Is '___' sound owls make?" A. "Indeed."
28. Shortly
30. Cap
32. Canadian movie for Samuel L. Jackson, "The ___" (1998)
34. Barely get by
35. Ms. Moore
37. Footloose's friend
38. Plod wearily along
40. Money exec
41. Like some sports stadiums
42. Pen
47. CCR tune
49. "The ___ Trap" (1998)
51. Certain condiment
52. Internet-sent invitation
54. Beatles' "Any Time ___"
55. Pang
57. British singer Leo
59. Nastase of tennis
60. Dame Everage link
61. Neap ___
62. Critical comment
64. "Euclid" suffix

Friday's Crossword

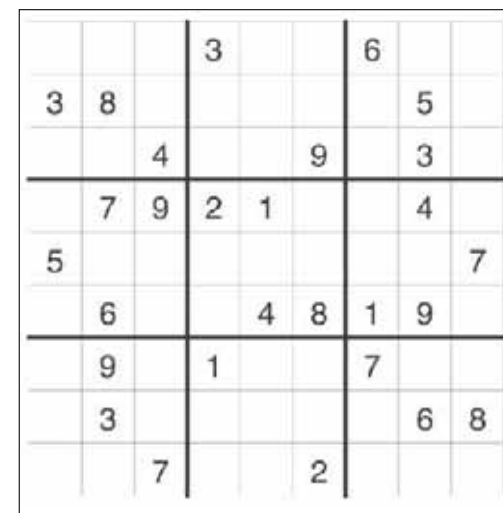


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 17°
MIN: 6°



MAX: 21°
MIN: 8°



MAX: 24°
MIN: 9°



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